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FOR IMMEDIATE RELEASE

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AMMC HOSTS WOMEN'S HEALTH FAIR
Decorate Your Life

WHO: Arkansas Methodist Medical Center

WHAT: AMMC is sponsoring its 12th annual Women's Health Fair, "Decorate Your Life"
This year's health fair will include:

- Blood glucose and cholesterol screenings and blood pressure checks
- Weight and nutrition information
- Vision screenings and pressure checks from AMMC Ophthalmologist Dr. Lowell Hardcastle
- Other healthcare providers including the Paragould Doctors' Clinic, Dr. Paul Becton, Dr. Karl Hasik and Dr. Brady Allmon, DDS will be present to showcase the latest information, products and trends in women's healthcare.
- Massages from Phil Brinkley with The Right Touch and Barbara Harness

All services are free to the public. Women will have the opportunity to register to win a free mammogram or bone density test along with many other door prizes. The event also includes a chicken shish kabob lunch for \$7 with the proceeds benefiting women's health initiatives at AMMC. Orders of more than 10 must be called in to (870) 239-7016 before 10:00 am the day of the event.

WHEN: Thursday, October 8th from 8:00 am-4:00 pm. Starting at 1:00 pm, "how-to" sessions featuring decorating ideas will be offered to participants by Barton's of Paragould, Gazaway Lumber Company and Lowe's Home Improvement Warehouse.

WHERE: Arkansas Methodist Medical Center Professional Office Building Auditorium
900 West Kingshighway, Paragould

WHY: The Women's and Men's Health Fairs are held as a community service in continuing with Arkansas Methodist Medical Center's "It's all about you" standard of quality, compassionate healthcare.

Plus, October is National Breast Cancer Awareness Month and this year celebrates its 25th anniversary. The mission and purpose of National Breast Cancer Awareness Month is to increase awareness of breast cancer issues including early detection and to encourage women to take charge of their own breast health.

A recognized leader, Arkansas Methodist Medical Center in Paragould provides progressive, compassionate healthcare to residents throughout Northeast Arkansas and Southeast Missouri. Additional information about AMMC is available at: www.arkansasmethodist.org.