

# HEALTHY WOMAN

A SCENIC MOUNTAIN MEDICAL CENTER RESOURCE

With all the people you take care of, you may have forgotten someone very important—**YOU!**

Join us for the June **Healthy Woman** event:

**Thursday, June 10<sup>th</sup> ~ 5:30 to 7 p.m.**

## **Girls Night Out at Serenity Spa** **1115 S. Scurry ~ Located next to Back in Motion**

Denise Wagner, LMT, and her staff have prepared a wonderful evening for **Healthy Woman** members and their friends!

Sip a glass of wine, enjoy delicious hot & cold appetizers and learn about all the relaxing, rejuvenating services you can experience at Serenity Spa - from facials and microdermabrasion to teeth whitening and deep tissue massage. Ask Medical Director, Dr. Scott Barclay, your questions about laser hair removal and ionic foot detox.

Browse the unique selection of personal care products and gifts, receive samples of great products and other goodies, win door prizes and more!

**Scott Barclay, DO**



No need to register for this event! Just  
**GRAB A FRIEND AND COME!!!**

 **Save the Date!**

### Upcoming Healthy Woman Dates:

**July 14 or 15** ~ End of Life Care  
**August 18 or 19** ~ Nutrition  
**September 13** ~ Healthy Woman & the Howard College Foundation Lecture Series present:  
**Ali Vincent**, NBC's "Biggest Loser" 5th Season Winner.



*Serenity Spa*  
[escapetoserenityspa.com](http://escapetoserenityspa.com)

- Swedish, Deep Tissue,
- Prenatal, and Hot Stone Massages
- Body Wraps • Facials
- Reflexology

**264-6651**

*1115 S. Scurry • Located Next to Back In Motion*

**HEALTHY WOMAN** is a free community resource provided by Scenic Mountain Medical Center to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones. The focus is on women age 25-54, but it's open to women of all ages! Free monthly events focus on health, communication, relationship and life balance issues.