

HEALTHY WOMAN



HERALD photo/Amanda Moreno

Scenic Mountain Medical Center sponsored its “Three Thrilling Years” Healthy Woman celebration Thursday afternoon. The evening started off with a free health fair and women’s expo. Women were able to sign up for giveaways, receive information on different services provided throughout the community and then enjoy a meal and a presentation by Lisa Smartt, author and comedian.

Healthy Woman celebrates third year of local program

By **AMANDA MORENO**

Staff Writer

“Smartt” advice and laughter filled the Dora Roberts Community Center ballroom Thursday evening as Lisa Smartt, author and comedian, delivered her words of wisdom during “Three Thrilling Years” of Healthy Woman. This was the second year she was featured as the guest speaker for the event.

“There was just something about Lisa that

made the decision to invite her back for a command performance an easy one. She is one of us,” Scenic Mountain Medical Center Marketing Director Kim Howell said.

Smartt delivered several points to live by during her speech “I thought I was a ‘people person’ ... until I started working with people.” Those points included learning how to avoid gossip, how to forgive even if you can’t necessarily forget, and remembering you

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are not the center of the universe.

“A lot of people say forgive and forget, but that’s not necessarily true or easy. There are a lot of things that I know I can’t forget. One of my momma’s favorite sayings was, ‘We can choose to forgive every time we remember,’” Smartt told the audience. “We may not be able to forget about something, but we do have the power to forgive every time we remember it.”

In addition to Smartt’s words of inspiration, the 200 attendees were able to enjoy a three-course meal prepared by Moss Creek Ranch Chef Michael Stromberg. Beforehand, there was a health fair and expo which offered women information on ways to pamper themselves and improve and maintain their health.

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Lisa Smartt, author and comedian, returned for a second year as the featured speaker for the Scenic Mountain Medical Center’s Healthy Woman anniversary celebration. She delivered her speech, “I thought I was a people person ... until I started working with people,” offering a few life lessons through personal experiences.

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