

# Healthy Woman celebration set for January 27

***Anniversary 'party' will include expo, entertainment***

**By STEVE REAGAN**

Staff Writer

Scenic Mountain Medical Center's Healthy Woman Program is two years old, so of course a party is in the works.

Organizers are planning a "Wild About Healthy Woman" gala to celebrate the second anniversary of the program beginning at 4:30 p.m. Jan. 27 at Dora Roberts Community Center.

The celebration will be split into two parts — a free "health expo" from 4:30 p.m. to 6 p.m., followed by the main event/dinner, which costs \$25 per person.

Kim Howell, Healthy Woman co-director, said the program has grown dramatically since its inception in 2009.

"We're thrilled with our growth, especially since we thought we'd be happy with 300 members when we started, and now we have more than 900. So we're pretty fired



Howell

up about that."

Howell describes Healthy Woman as "an educational resource designed to empower women with the information they need to make healthcare decisions for themselves and their loved ones."

The health expo portion of the celebration will feature a wide variety of vendors offering products and services, Howell said.

The main event will feature a gourmet meal catered by Moss Lake Ranch. The guest speaker will be author and comedienne Lisa Smartt, whose address will be entitled, "Hope for women who can't find their keys" and is described as "the confessions from the queen of imperfection." The main theme of the address is to encourage people to laugh at their absurdities and imperfections and "give each other a much-needed break."

Howell said Healthy Woman provides a variety of services to area residents, including

an online members' database.

"It's very similar to Facebook in that it allows members to interact with each other," Howell said.

For more information on Healthy Woman or the upcoming celebration, contact Howell at 268-4842 or Anita Cline at 268-4721.