



Courtesy photo

Norma Garcia and Nancy Davenport visit during the Health Fair & Women's Expo at the 2011 Healthy Woman anniversary. This year's event is scheduled for Jan. 26 at the Dora Roberts Community Center.

# Healthy Woman 3-year anniversary set Jan. 26

By **AMANDA MORENO**

Staff Writer

Hard to believe that three years of Healthy Woman have gone by.

Scenic Mountain Medical Center Healthy Woman program is "Celebrating Three Thrilling Years" at 4:30 p.m. Jan. 26 in the Dora Roberts Community Center ballroom.

"It is a relaxed, browse and mingle time so folks can come as they are ready. We like to think of it as a transition period," SMMC Marketing Director Kim Howell said,



Howell

"where folks lay aside the problems and stress of the day and get in the mood to have a terrific evening."

Special guest speaker will again be Lisa Smartt, author and comedienne.

"The Healthy Woman Advisory Council pulls out all the stops to make this a wonderful evening for our guests," Howell said.

The evening will include a seated three-course meal

prepared by Chef Michael Stromberg of Moss Creek Ranch. The ballroom will be decorated with elaborate decorations, according to Howell.

The evening will also include a free health fair and women's expo.

"Everything about the evening is designed to make the women in attendance say 'Wow!'" Howell said.

Tickets are on sale for \$25 a seat. The Dora Roberts Community Center ballroom can only seat 200 people, which

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limits the number of tickets that can be sold.

“Tickets have been sold out in advance the past three years so we advise people to purchase them early,” Howell said.

Smartt spoke at last year’s event and was invited back due to the feedback received.

“There was just something about Lisa that made the decision to invite her back for a command performance an easy one,” Howell said. “She is one of us.”

This year, Smartt will deliver a speech entitled “I thought I was a ‘people person’ ... until I started working with people.

“I’m just an ordinary person who gets to do this job and enjoys it,” Smartt said. “I’m a flawed speaker. I don’t have any qualifications to be doing this and I don’t have a Ph.D. I’m just a person who lives an ordinary life and lives in a small town. It’s those every day insights I bring to the table that I believe allow me to do this.”

Howell said Smartt’s speech is expected to have attendees laughing out loud while, at the same time, learning some practical life skills that can turn their relationships with people in a more positive direction.

“The main thing I want people to take away from this is how to speak kindness to others and yourself. Sometimes people can do one and not the other, but the two go together,” Smartt said.

Each anniversary event of Healthy Woman is designed to be a “special treat” for those attending, according to Howell.

“With all of the people women take care of these days, sometimes they forget to take care of themselves,” Howell said. “We understand everyone is busy, having many choices vying for their time. We want each guest to be glad they chose to spend the time with us.”

Tickets are on sale and can be purchased by calling Howell at 268-4842 or Anita Cline at 268-4721.

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