



FOR IMMEDIATE RELEASE

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Woodland Heights Launches Program for Women

LUFKIN, TEXAS (April 9, 2008)...Woodland Heights Medical Center is happy to announce the launch of their new affinity program, Healthy Woman, aimed at helping the women of our community live healthier and happier lives. This new program is free to the community as a resource designed to educate women so they are able to make the best decisions for themselves and their families.

More than ever, women are making the day-to-day decisions for their families, and we are proud to offer a resource to make those responsibilities easier and more manageable. “This program is designed to educate and inform on many aspects of women’s lives, young and old,” states Jennifer Stevens, Healthy Woman Coordinator for Woodland Heights.

The mission of Healthy Woman is to empower women with the knowledge and confidence to make informed healthcare and well-being decisions for themselves and their loved ones. “After the launch of Healthy Woman, we will offer monthly lunch-time seminars on many different topics ranging from health / nutrition to sleep disorders to financial issues,” offers Stevens.

The new program will kick off at the 4th Annual Women in Red Luncheon on Wednesday, April 23, 2008, at Lufkin’s Pitser Garrison Civic Center. Along with the lunch of Healthy Woman, Dr. Ravinder Bachireddy will speak on women and cardiovascular health and LaDonna Gatlin (sister of the Gatlin Brothers) will offer an inspirational presentation.

To learn more about Healthy Woman and other programs offered at Woodland Heights, please contact 936-637-8688.

About Woodland Heights Medical Center

Established in 1918, Woodland Heights Medical Center was Lufkin's first hospital. Now, nine decades later, Woodland Heights is recognized throughout Deep East Texas as the leading provider of high quality, innovative health care services. Accommodating a wide range of clinical specialties, Woodland Heights has achieved excellence in key medical and surgical areas including cardiology, pulmonology, neurology, orthopedic surgery, physical medicine/rehabilitation, vascular surgery and obstetrics and gynecology. Woodland Heights also offers a full range of outpatient diagnostic services including advanced imaging, laboratory, outpatient surgery and emergency services. Through its Rehabilitation Center, Woodland Heights offers cardiac rehabilitation, stroke recovery and physical and occupational rehabilitation. Combining modern facilities, leading technology, an exceptional staff and a commitment to the communities it serves, Woodland Heights Medical Center remains at the forefront of quality health care in Deep East Texas.

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