



PRESS RELEASE

For Immediate Release:

Contact: Jennifer Stevens
936-637-8688
936-635-0806

Healthy Woman adds Online Benefit

Beginning July 6, the Healthy Woman program is moving to a new online platform. At www.healthywomanonline.com, new and existing members can register for upcoming events, read timely health articles, and exchange messages with like-minded Healthy Woman friends. Members will also have access to an award-winning online health library that includes 12,000 adult and pediatric topics in both English and Spanish.

“We wanted a current, streamlined way to reach our members who are primarily between the ages of 24 to 65 to give them an easy way to register for events, as well as be the first to receive upcoming event information,” said Jennifer Stevens, Healthy Woman Coordinator. “Plus, it’s a great way to be green and economical with printing and postage.”

The Healthy Woman program at Woodland Heights Medical Center was created to help women make informed decisions regarding health and well-being. “Statistics tell us that women make close to 90 percent of the health care decisions for their families,” says Jeannine Stevens, RN, Director of Women’s Services and Healthy Woman advisory council member. “For some, it’s not just about ourselves and our children; many of us have to make these choices for aging parents, too. Healthy Woman is a unique program to help women with

To confirm that you would like to remain or become a Healthy Woman member, you must sign up for your free membership at www.healthywomanonline.com.

The first 200 people to sign up will receive a free eco-friendly water bottle.

Join us July 28 for ‘Women and Colorectal Cancer’ presented by Chantal Culpepper, MD.

these issues. Plus, it's a fabulous networking opportunity to connect with women who are similar and going through related life issues.”

Monthly, the Healthy Woman program at Woodland Heights hosts seminars, educational programs, health fairs or other types of fun, health-related events to educate and empower women with knowledge and confidence to make smart decisions about their health and well-being,” said Stevens. “Our programs are dedicated to improving the emotional and physical well-being of women and their families.”

Since the program kicked off in 2008, more than 1,000 women have become members of this free, monthly resource. Popular program topics and speakers have included women and heart disease, self-defense, food allergies, estate planning and more. Additionally, all members receive a complimentary, monthly e-mail health newsletter, “Healthy Woman Today.”

“The Healthy Woman events have been fun learning opportunities that have opened my eyes to how I can fit a healthier lifestyle into my busy schedule,” says Healthy Woman member Jessica Knight. “It's also a great way to connect with other women and have the opportunity to ask questions and learn from local health care professionals.”

To confirm that you would like to remain or become a free Healthy Woman member, you will need to sign up for new membership and create an account at www.healthywomanonline.com.

- End -

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.