## ESU Looks to Promote Women's Health in our Community through Spirit of Women at Pocono Medical Center

Pocono Medical Center's free women's wellness program, Spirit of Women, searches for ways to empower and inspire women to learn about healthier lifestyles and find ways to implement this guidance for themselves and for their families.

Spirit of Women is more than just a club; you become an important part of a support system for women of all ages, helping to nurture your well-being and enrich your life. Membership benefits include: invitations to our healthy living events, special discounts at more than 100 local retail businesses, a quarterly magazine, and a monthly calendar of events. All this for free!

Each year programs are customized to meet the needs of today's women and their families, providing health education events and health screenings in a fun and entertaining way - it's what we call "health-u-tainment." Great events, topics and venues provide the entertainment on issues ranging from healthy cooking demos to group exercise classes, while experts from Pocono Medical Center relay important health information covering all stages of a woman's life. Below are a few examples of recent events:

- Day of Dance (Get out and get active at this cardio-vascular health event that incorporates health screenings and group exercise classes!)
- Spirit of Women Hospital Seminar Series (various health topics covered over fun meals and events)
- Get Your Groove Back (an evening of wine tasting and talk by PMC's Urogynecologist)
- Spirit Girls (a free year-long program for 8th grade girls in Monroe County)
- Mommy Teas (a chance for new and expecting moms to get together)
- An Enchanting Affair (our annual ladies night out where various health topics are covered, local chefs provide food tastings and 20 local vendors hold a shopping showcase)
- And much more!

To register for Spirit of Women visit: <a href="https://www.poconomedicalcenter.org/spirit">www.poconomedicalcenter.org/spirit</a>

