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Spirit of Women Hospitals Combines Fun, Friendship and Health Education for Women

Spirit of Women Hospitals Educate Women on Breast and Bone Health, Cardiometabolic Syndrome in Multigenerational Program

Boca Raton, FL - Spirit of Women Hospitals host an entertaining and informational *Spirit Girls' Night Out*SM to help women find their "Best Health Now" during the month of October. The event is specifically designed to offer women valuable information about breast health, cardiometabolic syndrome, and bone and joint health as well as other leading women's health issues, while enjoying pampering activities, shopping, cooking demonstrations, fashion shows and other fun activities.

"As women, we are always looking for ways to maximize our time, and we often end up neglecting ourselves in the process," said Tanya Abreu, President and National Program Coordinator, Spirit of Women Hospital Network, national Spirit Girls Night Out organizer. "*Spirit Girls Night Out* allows women to pamper themselves, enjoy time with friends and meet new people, all while obtaining health information that could profoundly impact their overall health and the health of their family members."

Statistics show that breast and cervical cancer are two of the leading malignancies that occur in women -- together affecting more than 220,000 Americans in 2007 (American Cancer Society).

Health education, health screenings, and fun activities will be woven throughout the evening to emphasize the importance of awareness of common health issues affecting women today. This energizing and informative event will be held at different locations throughout the country during the month of October. To find an event, please log on to spiritofwomen.com/spiritgirlsnightout.

Spirit Girls' Night Out is organized and hosted by the **Spirit of Women Hospital Network**, with support provided by Coloplast and shoes.com/redshoe. More than 55 other members of the Spirit of Women Hospital Network will host *Spirit Girl's Night Out* events in October.

Spirit of Women is a national network of leading hospitals dedicated to improving women's lives with innovative health and community programs. Spirit of Women Hospitals touch the lives of millions of women each year through the presentation of educational events, consumer membership programs, annual conferences, marketing communications and grassroots efforts to improve the health and well-being of women everywhere. Spirit of Women enables participating hospitals to focus on community needs while providing the strength of national support. Visit spiritofwomen.com

Coloplast, headquartered in Denmark, is a worldwide provider of high-quality and innovative health care products and services. With 7,000 employees in 30 countries, Coloplast provides products to more than 100 countries. The foundation of Coloplast

began with nurse Elise Sørensen, who, in response to her sister's suffering following ostomy surgery, conceptualized the world's first ostomy bag, and convinced Aage Louis-Hansen to help her create it. Coloplast was founded in 1957 and listed on the Copenhagen Stock Exchange in 1983.

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