



Macon County Public Health

Lyndsey Henderson
Community Health Coordinator
1830 Lakeside Drive
Franklin, NC 28734
Voice: 828-349-2086
lhenderson@maconnc.org

Press Release

February Ladies Night Out Program

What's Up? Maybe Your Blood Pressure

Join us at the upcoming Ladies Night Out program on February 26th. Amanda Pack, RN, Angel Medical Center will be speaking about blood pressure. The program will begin at 5:30 p.m. in the cafeteria at Angel Medical Center. All women are invited to attend this meeting and are asked to encourage all the women in their life, who are over the age of 13 years, to attend with them.

This month's charity and proceeds will go to Kid's Place. Items they need include snacks for children (juice boxes, bottled water, canned soups and spaghetti and meatballs, packed snacks (gummies, chips, peanut butter crackers, breakfast and granola bars), toilet tissue, paper towels, hand sanitizer, and children stickers. Monetary donations are also welcomed.

Ladies Night Out is a partnership between Macon County Public Health and Angel Medical Center to provide free monthly programs on a variety of health topics for women with an emphasis on the importance of regular health screenings.

PHOTO CAPTION: Door prize winners for Ladies Night Out program in January at the 5:30 p.m. meeting were: Elena Marsh, Joyce Roberts, Karen Tucker, Mary Bermke, Mary Ackerson, and Kathy Plantz.



LNO

PHOTO CAPTION: Door prize winners for Men's Night Out program in January at the 5:30 p.m. meeting were: Fred Ackerson and Charles Tucker.



MNO

###