



Macon County Public Health

Lynn Baker
Population Health Section Administrator
1830 Lakeside Drive
Franklin, NC 28734
Voice: 828-349-2437
lbaker@maconnc.org

Press Release

Ladies Night Out Program Gives Back

The women of Ladies Night Out have expressed interest in giving back to the community, so each month those in attendance bring donation items for local charities and community programs. Ladies in attendance to the program at AMC chose to give back by bringing donation items for CareNet and REACH. 115 pounds of food was donated to CareNet and over 5 bags of personal hygiene and household cleaning products were donated to REACH.

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. This program is held in the cafeteria at AMC on the fourth Tuesday of each month at 5:30. All women are invited to attend one of these meetings and are asked to encourage all the women in their life, who are over the age of 13 years, to attend with them.

If you are interested in attending Ladies Night Out or have questions, please feel free to contact Lynn Baker, Macon County Public Health Population Health Section Administrator (828-349-2437), Lyndsey Henderson, Macon County Public Health Community Health Promotion Coordinator (828-349-2086), or Bonnie Peggs, Angel Medical Center Public Relations and Chaplaincy (828-349-6639).



Donations presented to Ashley Freeman and Toni Montgomery of REACH by Bonnie Peggs (Angel Medical Center), Lisa Chartrand (Angel Medical Center, intern) and Lyndsey Henderson (Macon County Public Health) on behalf of Ladies Night Out program.



Donations presented to Russell Wood and Wayne Everett of CareNet by Bonnie Peggs (Angel Medical Center), Lisa Chartrand (Angel Medical Center, intern) and Lyndsey Henderson (Macon County Public Health) on behalf of Ladies Night Out program.

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