



Macon County Public Health

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PressRelease

May Ladies' Night Out Program

Local Food, Local You

Feel at home at the upcoming May 22, 2018, *Ladies' Night Out* program on Local Food, Local You. Joe Deal with Deal Farms will be guest speaking.

This month's charity proceeds will go to CareNet. Needed items include food pantry donations, household supplies (i.e. dish soap, laundry detergent, etc.), and personal hygiene items (i.e. toothpaste, tooth brush, body wash, etc.). Monetary donations are also welcomed.

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

Ladies' Night Out will have one program at 5:30 p.m. in the cafeteria at AMC. 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 we will also be having a *Men's Night Out* program focused on sleep studies with Calvin Gardner. It will meet on the 3rd floor of the hospital in the Video Conference Room at 5:30 p.m.

PHOTO CAPTION: Door prize winners for Ladies' Night Out in April at the 5:30 p.m. meeting were: Elena Marsh, Jane Long, MacKenzie Kuchen, Lynn Meyers, Phyllis Budd, Karen Tucker, Lois Downs, Martha Calcanes, Karly Hernandez, Carol Heavner.



LNO 5:30 p.m.