

PHOENIXVILLE HOSPITAL HEALTHY WOMAN PROGRAM AND PARTNERS IN HEALTH

Healthy Woman: Women and Fitness

**Where:**

Freedom Valley YMCA at
Phoenixville
400 E. Pothouse Rd
Phoenixville, PA 19460

When:

Thursday September 29, 2011
from 9:00 AM to 11:00 AM
and 5:00 PM to 7:00 PM

Thank You
Healthy Woman Partners!

Phoenixville Hospital
Medical Staff

ENT & Allergy Specialists:
Broker, Cramer, Swanson,
Goldberg, Actor, & Tai

Rivercrest Golf Club

You're invited to our next monthly Healthy Woman Program: Women and Fitness Expo on September 29th, 2011 at the Freedom Valley YMCA in Phoenixville. A fun filled, informative and interactive program is planned to showcase a variety of ways to begin as well as maintain a fit and healthy lifestyle. Come meet the experts at a morning or evening session.

Please call 610.983.1288 to register or online at www.phoenixvillehospital.com and click on the **Healthy Woman** logo.



If you have any questions about the event or how to register please call: Anna Mae Galbraith or Barbara O'Connor at 610.983.1288

Thank you for your participation in the Healthy Woman Program, and I'll look forward to seeing you at the Woman and Fitness Expo event.

