



# Northwest Medical Center

A Tradition of Community Healthcare

## Northwest Medical Center – Media Alert

April 1, 2015

Contact: Ashley Shisler, Marketing Manager

(660) 726-3941, ashley.shisler@northwestmedicalcenter.net

### Northwest Medical Center to Host 3rd Annual Women's Health Expo

Northwest Medical Center recognizes that women are the primary health decision makers for most families. We want to thank our women with a day of pampering and fun at NMC's 3<sup>rd</sup> Annual Women's Health Expo.

The expo will take place on Saturday, May 2, at the Albany High School. The event will include a day full of exciting programs beginning at 9:00 a.m. Expo goers will be greeted with spa stations, Momentum Dance entertainment, retail booths, demonstrations, speaker presentations, and more.

The highlight of this year's expo is featured guest speaker Dr. Tim Crowley. Dr. Crowley is an inspiring speaker who believes all people have the ability to change and deserve to feel well. He promotes the value of a healthy lifestyle that joins positive thinking and positive action. He's an award-winning keynote speaker and CEO who has been recognized for distinguished service and excellence in education, leadership development, and community involvement.

"We are thrilled to welcome Dr. Tim Crowley as our expo's featured speaker this year," says Ashley Shisler, NMC Marketing Manager and Event Organizer. "His message will focus on creating balance from the inside out and benefiting from living with less stress. Tim is an expert on exactly what our expo is about - health, leadership, dedication, relationships, motivation, and happiness. His passion for inspiring people is contagious and we're excited to offer area residents the opportunity to learn from him."

Other big highlights of the expo are free cholesterol screenings, blood pressure and BMI checks. A limited number of fasting blood tests will include HDL, LDL, total cholesterol, triglycerides and glucose.

While our ladies are getting massages, participating in exercise class, or shopping, children ages two and older can enjoy the Kid-Zone Activity Center, a safe and supervised area of the gym with fun and entertaining activities for the little ones.

All events at the expo are free and participants have the opportunity to purchase goods at our shopping stations. The first 100 expo goers will receive a free t-shirt and gift bag.

Schedule of events include: 9-1 - Retail & Service Booths, Wellness Screenings; 9:45 - Q&A with Jon Doolittle; 10:00 - 11:00 - Dr. Tim Crowley; 11:45 - Momentum Dance Performances; 12:30 - Exercise/Body class and tips.

Come see why Northwest Medical Center is working to Empower Women and Empower Families at its 3<sup>rd</sup> Annual Women's Health Expo. For more information, please contact Ashley Shisler at 660-726-3941 or ashley.shisler@northwestmedicalcenter.net.

###