



Northwest Medical Center

A Tradition of Community Healthcare

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For Immediate Release:

Northwest Medical Center to Host 2nd Annual Women's Health Expo

Albany, MO, March 14, 2014 – 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 2nd Annual Women's Health Expo.

The expo will take place on April 5th, at the Albany Community Center. The event will include a day full of exciting programs beginning at 10:00 a.m. Expo goers will be greeted with a food court, Momentum Dance entertainment, vendor booths, spa stations, 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 meet him."

Other big highlights of the expo are free cholesterol screenings and car seat safety checks. A limited number of fasting blood tests will include HDL, LDL, total cholesterol, triglycerides and glucose. Other wellness screenings will include blood pressure, weight and BMI. Car seat safety checks will be provided with certified technicians on hand to answer questions, check recalls, and assist with making sure your car seat is correctly installed.

While our ladies are getting massages, participating in exercise class, or shopping, students ages 11 and older may participate in a babysitter training course that will provide the knowledge and skills necessary to safely and



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responsibly care for infants and children up to age of 10. A \$10 registration fee will provide each participant with a babysitting kit to take home with them.

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

Come see why Northwest Medical Center is working to Empower Women and Empower Families at its 2nd Annual Women's Health Expo. For more information and/or to register for the babysitter training course, please contact Ashley Shisler, at (660) 726-3941 or ashley.shisler@northwestmedicalcenter.net.

About- Northwest Medical Center has provided high-quality health services to residents in Northwest Missouri since 1957. Along with five satellite clinics and a full-service home-health agency, Northwest Medical Center continues its tradition of community healthcare utilizing cutting-edge diagnostic equipment and boasting one of the top emergency room facilities in the region.

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