NEWS RELEASE

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For Immediate Release

From: Galion Community Hospital
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Live, Laugh and Learn Event to be May 6

GALION – Thanks to shared funding, Galion Community Hospital will celebrate another evening of "Live, Laugh and Learn." The popular program for women only will take place on Wednesday, May 6 during Women's Health Week.

This year hospital planners have structured the program to allow participants to take an active role in the evening's events. Guests will rotate through a series of three mini-seminars before rejoining in the hospital's main cafeteria for dinner and the keynote speaker.

Themed for healthy living, the three mini-sessions will include a cooking demonstration by hospital Chef Mark Koenig, a stress-relieving aromatherapy presentation, and an exercise segment presented by a certified Pilates instructor assisted by staff from the GCH Orthopedic Center. Attendees are encouraged to wear workout or other comfortable clothing, and to bring a towel or floor-mat with them for the exercises.

"I'm very enthused about this year's variety," said Wendy Butz, RN. Butz is the manager of the hospital's education department and the team leader for the event. "Wellness is important at every stage of a woman's life. With the grant requesting attention be given to target women under the age of 44, we have tried to create a program that will appeal to women with active lifestyles. In the past, we have promoted more of a

relaxed presentation. This year we are going to get our hearts pumping and rev things up a bit."

Cea Cohen Elliott returns as the event's keynote speaker. "Cea presented at our initial 'Live, Laugh and Learn' a few years ago," explained Mari Swearingen, Community Relations and Marketing Director for the hospital, "and we have had numerous requests to bring her back. Her wealth of life experiences includes things as unique as belly dancing and gives her a rich background. She has taught junior high English, been a fitness instructor on the college level, worked as a Montessori teacher and is constantly in motion. Cea earned her Masters from The Ohio State University. Her comfortable style reflects in her presentation, and I know her humor and stress relieving tips will make her time with us seem too short."

In addition to GCH funding, Women's Health Week and additional support is being provided by the Sexual Assault and Domestic Violence Prevention Program, Ohio Department of Health, Bureau of Health Promotion and Risk Reduction; and Summit Portage Area Health Education Center.

Tickets are free, but required for the event. Reservations may be made by calling the education department at (419) 468-0717. The evening will begin with registration at 5:00 p.m. and program beginning promptly at 5:30 p.m. Dinner will follow the mini-sessions. Seats are limited.

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