

Prairie Lakes Healthcare System's

LADIES NIGHT OUT

Friday, February 23rd, 4:00 - 8:30 p.m. Watertown Event Center
A FREE evening for women in celebration of Heart Month.

Keynote Speaker Eliz Greene

"The Trouble with Busy. Shattering the Myth of Work-Life Balance."

Eliz Greene survived a heart attack at 35 while 7 months pregnant with twins and shares her story and job stress research to inspire other busy people to pay attention to their health.



RSVP for Free

Register online at www.prairielakes.com to be entered into an exclusive drawing for this Coach clutch! Rules apply. *Event registration isn't required, but is appreciated for planning purposes.*

Other Event Features

- Break Out Sessions with Providers • Health Education Booths
- Cholesterol Screenings • Mini Massages • Light Meal

Don't miss this! The first 500 adult attendees to check-in will receive a copy of Eliz's new book.

For more event details visit www.prairielakes.com or call 605-882-7908.



PRAIRIE LAKES
Healthcare System

Eliz Greene

