



Press Release: CH-F hosts perfect girls' day out

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## CH-F hosts perfect girls' night out

Looking for the perfect way to spend a Saturday? Women need to look no further than the Velma Houts Building in Rock Port on November 7, anytime between 9:00 a.m. and 2:00 p.m.

Community Hospital-Fairfax is hosting a free women's only "Me Market," a unique spin on a flea market made especially for women to spoil themselves! Crafts and goods will be sold all day, plus other booths, hosted by hospital employees, will offer information on various health-related topics.

The "Me Market" is a mix of fun and function, because you'll pamper yourself with manicures and massages one minute and the next you'll be learning fall risks and flu season preparedness.

Shopping opportunities include Pampered Chef, Tupperware and lots of crafts, plus homemade jewelry and purses.

Health topics include information on emergency room visits with Connie Anderson, FNP, and diet and portion control with Karen Wedlock, RN, Certified Diabetes Educator.

Development Council member Sandy Holley of Rock Port says she has always enjoyed the annual women's event hosted by the hospital.

"I've attended several of the hospital's events for women and you really miss out if you don't go. It's a fun opportunity to get important health questions answered, plus you get to shop while you learn, so it's even better," Sandy said.

Put this free event on your calendar; get your mom, sisters or girlfriends together and enjoy the day! The first 100 visitors will receive a free gift and door prizes from our vendors will be given throughout the day. Breakfast and lunch will be available to purchase at the event. A supervised kids' corner will help keep the little ones entertained while you shop!

For more information, visit [www.FairfaxMed.com](http://www.FairfaxMed.com) about the 2010 Me Market, contact Jennifer Herron at 660-686-2211 ext. 208 or [jenniferjherron@hotmail.com](mailto:jenniferjherron@hotmail.com)