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**FOR IMMEDIATE RELEASE**

**CONTACT: DEBORAH ROBERTS PUGH  
(662) 377-3712**

### **AREA WOMEN 'GETAWAY' FOR THE DAY**

TUPELO, Miss.—Chef Cary Neff showed participants that nutritious food can be exciting and flavorful during North Mississippi Medical Center's sixth annual Spirit of Women Getaway in January at the BancorpSouth Arena.

Chef Neff served as executive chef in many of the nation's most prominent establishments before being named vice president of culinary for Atlanta-based Morrison Management Specialists.

With the theme, "Good taste. Good health. Good times," NMMC sponsored the event along with BancorpSouth. Women enjoyed shopping, visiting the fun and informative booths, learning from the diverse educational sessions, and pampering themselves with free massages, makeovers and manicures.

For more information about Spirit of Women membership or upcoming events, call 1-800-THE DESK (1-800-843-3375).

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#### **Suggested Cutlines:**

Breast Care Center: Tina Stevens (right) of the NMMC Breast Care Center shared information with participants.

Butterflies: Rita Chamblee (left) of the NMMC Cancer Center shows the 2010 Midnite Pottery butterfly and butterfly platter which benefit the Cancer Patient Assistance Fund. This year's collectibles, which debuted at the Spirit of Women Getaway, are lime green with splashes of cobalt blue and red.

Chef Neff: Chef Cary Neff presented a cooking demonstration featuring several of his Conscious Cuisine® creations.

Covenant Creek Farm: Stephen Holland of Covenant Creek Farm demonstrated his booth's popular goat's milk products.

Diners: Six lucky women were chosen to sample Chef Neff's cuisine on stage.

Door Prize 1: One of the event's door prizes was this beaded cross from My Elegant Clutter.

Door Prize 3: Anita Monroe won the Midnite Pottery butterfly painting, while Faye Bullock won the floral arrangement by Jody's donated by BancorpSouth.

John Milstead: John Milstead provided lunchtime entertainment.

Manicure 1: Sunni Parmer from the Therapeutic Day Spa at NMMC's Wellness Center offered free manicures throughout the event.

Nancy Scruggs: Nancy Scruggs, a freelance artist with Wall Worthy (to praise Him), taught participants the basics of painting for fun. One participant who attended her session got to take the finished painting home to keep.

Southern Living: Ladies who stopped by the Southern Living at Home booth had the opportunity to win this Bountiful platter by Gail Pittman.

Tapestry: Stephanie Trussell, Tina Cox, Michelle Powers and Amy Womack of Tupelo's First Baptist Church greeted women who stopped by the Tapestry Women's Ministry booth.