

September 7, 2010
FOR IMMEDIATE RELEASE
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**Indulge Yourself...
IT'S SPIRIT GIRLS' NIGHT OUT**

TUPELO, Miss.—Grab your girlfriends and join us from 6-9 p.m. Thursday, Oct. 5, for North Mississippi Medical Center Spirit of Women Girls' Night Out, "Indulge in Your Best Health Now," at the Summit Center in Tupelo.

Topics for the evening are "Sleep Apnea" with pulmonologist Lyndon Perkins, M.D., and "Breast Health" with obstetrician-gynecologist Brandy Patterson, M.D.

The evening will feature free health screenings, a fall fashion show by Coldwater Creek, light refreshments and a special gift. In addition, breast cancer survivors will be recognized during the event.

While there, be sure to shop our first-ever Komen Marketplace for breast cancer awareness apparel and gift items. A portion of merchandise sales will benefit Komen North Mississippi Race for the Cure.

To register or for more information, call (662) 377-4099 or 1-800-THE DESK (1-800-843-3375) by Oct. 1.