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Indulge Yourself...
IT'S SPIRIT GIRLS' NIGHT OUT

TUPELO, Miss.—Area women enjoyed North Mississippi Medical Center Spirit of Women Girls' Night Out, "Indulge in Your Best Health Now," Oct. 5 at the Summit Center in Tupelo.

Pulmonologist Lyndon Perkins, M.D., spoke about sleep apnea, and obstetrician-gynecologist Brandy Patterson, M.D., spoke about breast health. The evening also featured free health screenings, breast cancer survivor recognition and a fall fashion show by Coldwater Creek. For information about upcoming Spirit of Women events, call (662) 377-4099 or 1-800-THE DESK (1-800-843-3375) or visit www.nmhs.net/spirit_of_women.

Suggested Cutlines:

Vanessa Barrett-Grissom (left), assistant manager of Coldwater Creek, presents a \$100 gift card to Laquita Harris of Shannon.

Linda Shack (left) of NMMC's Community Health Department chats with Louise Davis of Tupelo while checking her blood pressure.

Sherry Wren of Booneville registers for a \$2,500 bedroom makeover from the national Spirit of Women organization.

Breast cancer survivors Vickie Arnold (left) of NMMC's Breast Care Center and Norma Derring of Sisters Network talked with ladies about prevention and early detection.

Marion Tootle of Tupelo, a 15-year breast cancer survivor, was one of many breast cancer survivors recognized that evening. Looking on are Liz Dawson (left) of Spirit of Women and fellow survivor Edna Ware (right).