

Health is Action<sup>SM</sup>



live



Looking  
to enhance  
your health...

laugh

learn



# Yes!

Please enroll me in the  
**Spirit of Women  
Membership Program**

Name \_\_\_\_\_

Birthdate \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Last 4 digits of your SS# (will become your member  
number) \_\_\_\_\_

We will not release your name or information  
to any other agency.

Membership fee is \$10.  
Please enclose check or money order.

Mail to:  
NMMC Spirit of Women  
Membership Program  
830 South Gloster Street  
Tupelo, MS 38801



# Join in the good times of good health in our community...

## Signature Events

- **Baby Fair** – Learn about prepared childbirth and infant care, then browse the selection of baby items from local merchants.
- **Day of Dance for Cardiovascular Health** – Come dance with us as a way to have fun and prevent cardiovascular disease.
- **Girls' Night Out** – Enjoy an evening of jazz and chocolate while learning about vital women's health topics.
- **Members-Only Events** – One just never knows what opportunities might arise exclusively for Spirit of Women members.
- **Pink Dress Luncheon** – Bring your mother, daughter, sister and friends for this annual event to focus attention on breast cancer... and sport your favorite pink attire.
- **S.O.S. Menopause Support Group** – Save Our Sanity with help from a monthly gathering featuring fun and informative topics.
- **Spirit of Women Awards** – Join us in honoring our community's outstanding female health care providers, community advocates and youth. Nominations due each February.
- **Spirit of Women Getaway** – Each January features fun and informative booths, educational sessions, shopping, a cooking demonstration, free makeovers, manicures, massages and more.

North Mississippi Medical Center wants to be a partner in your health today and for a lifetime. Call us at 1-800-THE DESK (1-800-843-3375) for more information about these or any of our programs and services:

- Bone Density Screening/Osteoporosis
- Center for Digestive Health
- Children's Services
- CPR Training
- Domestic Violence
- Freshstart Smoking Cessation Classes
- Heartburn Treatment Center
- Incontinence
- Maternity/Lactation Services
- NMMC Behavioral Health Center
- NMMC Breast Care Center
- NMMC Diabetes Treatment Center
- NMMC Heart Institute
- NMMC Wellness Centers/Therapeutic Day Spa
- Nurse Link
- Nutrition Counseling
- Physician Referral
- Thyroid Disorders
- Woman's Place Lunchtime Learning Series
- Wonderful Beginnings Classes

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Visit [www.nmhs.net](http://www.nmhs.net) for a calendar of upcoming events.

## Educating Women



Spirit of Women offers free educational opportunities for women of all ages and interests. In addition to NMMC's free monthly Woman's Place Lunchtime

Learning Series on a variety of topics and the monthly Menopause Support Group, take advantage of evening and weekend programs that appeal to you. NMMC finds the best in women's health programming and brings it to our community. But be advised... we believe in having fun while learning! A quarterly Spirit of Women bulletin offers local and national health news as well as advance notice of upcoming events.

## Inspiring Women

Good health is less about denying yourself than treating yourself to great experiences and easy-to-use health information. The Spirit of Women Hospital Network is a coalition of hospitals and health care providers nationwide that ascribe to the highest standards of excellence in women's health, education and community outreach. NMMC is the exclusive Spirit of Women hospital in this area.



## Empowering Women

There's a reason why women in northeast Mississippi are talking about Spirit of Women. After all, it costs so little and delivers so much. A one-time \$10 joining fee gets you a lifetime membership. Spirit of Women is a valuable resource that can help you make changes to live your life to its healthiest and fullest.



## Rewarding Women

Just being a woman has its own rewards. Add to that the Membership Rewards program where local businesses offer valuable discounts on everything from dining to gifts, services and entertainment. Spirit of Women members can also take advantage of exclusive events and perks throughout the year. For a complete list of Membership Rewards, visit [www.nmhs.net/spirit](http://www.nmhs.net/spirit).



**Sound too good to be true?  
It's not.**

Join the thousands of other women across Mississippi and northwest Alabama who have caught the spirit and are enjoying the benefits.

# Catch the spirit!