



Valley Health System Presents

# Spirit of Women

Valley Health System has joined a national network of more than 100 leading hospitals to present Spirit of Women<sup>®</sup>, a program dedicated to helping women make positive changes for improving the health and wellness of themselves and their families. Valley Health System is northern New Jersey's exclusive Spirit of Women health system.

Education is the most effective way to prevent disease and it is your best path to a healthy, energized life. We believe that the more you know – about your body, your needs, and your concerns – the better you live. To provide you with up-to-date information on health and wellness concerns, we offer a variety of free seminars and lectures throughout the year.

Join our Spirit of Women network to get free health information, learn about exciting events, and receive wellness and prevention tips for your whole family. Membership is free.

Join *Spirit of* **Women** today by submitting the online form at:  
**[www.ValleyHealth.com/SpiritOfWomen](http://www.ValleyHealth.com/SpiritOfWomen)**

**Good-health activities.**

**Fun with your girlfriends.**

**Catch the *Spirit***



An event presented by Valley Health System



## To Your Health!

... a day of fun, education and exercise for all ages.

Enjoy this **FREE** event on Saturday, February 23, 2013  
from 10am - 2pm at the Park Ridge High School gymnasium.

*(Entrance to the event is on Wampum Ave, Park Ridge, NJ)*

### Presentations and Activities:

- 10:00 Learn how to line dance!
- 11:00 "Keep your heart healthy!" by Benita Burke, MD
- 11:25 "Integrative health for YOU" by Joseph Hyon, DO
- 11:45 Interactive demo activity with American Eagle Martial Arts
- 12:30 Yoga class with Noreen Hennessy's Mind Body Connection
- 1:45 Awarding of Door Prizes!  
*(Grand Prize is an overnight stay at Mohonk Mountain House, New Paltz, NY)*



Benita Burke, MD



Joseph Hyon, DO

### For Children:

- ♥ Visit The Hallway of Learning for Heart Health and win a prize!
- ♥ Tour Valley's emergency vehicles
- ♥ Enter the agility contest (ages 9-12 yrs)  
Register for a session
- ♥ Car seat testing by the Park Ridge Police (subject to availability)

### Free Screenings:

- ♥ Blood Pressure, BMI
- ♥ EKG
- ♥ Depression
- ♥ Dementia
- ♥ Fall Risk Assessment
- ♥ Sleep Concerns

### Information Booths:

- ♥ All Juiced Up
- ♥ Healthy Eating Tips
- ♥ Center for Youth Fitness
- ♥ The Sandwich Generation
- ♥ Kinetic Physical Therapy
  - Acupuncture
  - Sports Training Evaluation

**Please register, but walk-ins are welcome!**

Call 201-291-6118, or email [SpiritOfWomen@valleyhealth.com](mailto:SpiritOfWomen@valleyhealth.com).

**First 100 to arrive get a free t-shirt!**

**Please wear sneakers or rubber-soled shoes.**

*Spirit of*  
**Women.**

**Day of**  
**Dance®**



 Valley  
Health  
System