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FOR IMMEDIATE RELEASE

AdventHealth Wellness Walk: Connect and Thrive features Breast Surgeon, Colette Salm-Schmid, MD, FACS

HENDERSONVILLE, NC, January 30, 2024 – AdventHealth is excited to announce the next event in our Wellness Walks series, designed to help our community connect and thrive. Join us for a walk and talk with our fellowship-trained breast surgeon, Colette Salm-Schmid, MD, FACS, on the first Monday of each month. Our next walk is on Monday, February 3 at 4:30 pm.

This monthly walk is an excellent opportunity for patients, cancer survivors, community members, and AdventHealth team members to engage in meaningful conversations about cancer prevention, treatment, and general wellness. Dr. Salm-Schmid will discuss new health topics each week and answer any questions you may have, all while enjoying the beautiful CREATION Life Path.

Bring your friends or come solo and take a step towards feeling rejuvenated, connected, and whole. We will meet at the AdventHealth building at 1151 Naples Road, Hendersonville.

Wellness Walk with Dr. Salm-Schmid:

Date: First Monday of the Month
Time: 4:30 PM
Location: 1151 Naples Road (across from AdventHealth Hendersonville)

Upcoming Wellness Walk Dates: March 3, April 7, May 5, June 2, July 7, August 4, September 8, October 6, November 3, and December 11.

We look forward to seeing you there!

To learn more about Dr. Salm-Schmid and AdventHealth's Cancer Services and our Wellness Walks, visit **AdventHealthWNC.com.**

About AdventHealth Hendersonville: Founded in 1910, AdventHealth Hendersonville is dedicated to meeting the health care needs of our growing communities, providing high-quality, compassionate, not-for-profit care in a Christian environment.

In 1984, AdventHealth Hendersonville became a member of Adventist Health System. With a sacred mission of Extending the Healing Ministry of Christ, AdventHealth is a connected system of care for every stage of life and health. More than 90,000 skilled and compassionate caregivers in physician practices, hospitals, outpatient clinics, skilled nursing facilities, home health agencies and hospice centers provide individualized, wholistic care. A shared vision, common values, focus on whole-person health and a commitment to making communities healthier unify the system's more than 50 hospital campuses and hundreds of care sites in diverse markets throughout almost a dozen states.

AdventHealth Hendersonville consistently earns national ranking for its commitment to patient safety, earning the **overall Five-Star rating in Quality from the Centers for Medicare & Medicaid (CMS)** and 17 consecutive "A" grades in **Leapfrog Group's Safety Grade** survey.

AdventHealth Hendersonville includes cardiac care & rehabilitation, emergency services, nationally awarded cancer care, state-of-the-art surgical care, full-service orthopedic care, an award-winning labor & delivery experience, and a full range of imaging services to help people across our region experience whole health. For more information about AdventHealth Hendersonville or to find a physician, please visit **AdventHealthWNC.com** or call **855-774-LIFE** (5433).

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