

# Healthy Happy Hour

**Treat yourself  
to an evening of  
good health**

**Thurs., Oct. 3**  
**5-7 p.m.**

Knights of Columbus  
111 Elliott Rd  
Defiance, OH 43512

**There is no charge to attend  
and no registration is necessary.  
Stop by and celebrate your  
health with us.**

 **MERCYHEALTH**

A Catholic health care ministry serving Ohio and Kentucky

11606DEFSHT9-19



Your health is something to celebrate. That's why Mercy Health is hosting a Healthy Happy Hour for women. Come indulge in a little pampering while learning about the latest ways to stay healthy at any age.

## STAY HEALTHY

Blood pressure  
Heel scan (measures bone density)  
Lung function test (measures how well lungs work)

## LEARN

MyChart capabilities  
Self breast exam education using model breast examples  
Nutrition information  
Mobile Health Van

## SHOP WITH LOCAL VENDORS

Clothing and accessories  
Skincare and makeup  
Jewelry  
Food items  
Handmade creations

## INDULGE

Hors d'oeuvres & Desserts provided by Sweetwater Chophouse  
Wine

*Enter for a chance to win vendor doorprizes, a salon gift card compliments of Myra J Salon, or a gift basket full of goods donated by local businesses.*

**[mercy.com](http://mercy.com)**