

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.**



A Catholic health care ministry serving Ohio and Kentucky

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