

News Release

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AtlantiCare Women's Health & Wellness encourages women to "Get Smarter, Get Stronger" *Event marks Women's Health Week*

AtlantiCare Women's Health & Wellness will host "Get Smarter, Get Stronger" an educational seminar Thursday, May 15 from 5:30 p.m. to 7:30 p.m. at Seaview Resort & Spa, Galloway, New Jersey. The event, which will focus on women and stroke, and women and exercise, includes hors d'oeuvres, light refreshments, health screenings, chair massages, prizes and giveaways. The Heart Institute at ARMC will provide free blood pressure, blood cholesterol, blood sugar and body mass index screenings.

Hosting "Get Smarter, Get Stronger," part of AtlantiCare's *Get What You Need Out of Life* lecture series, is one way AtlantiCare is marking National Women's Health Week, May 11 through May 17.

Rose Ricapito, RN, stroke coordinator, AtlantiCare, will discuss women's risk for stroke and why women should heed symptoms in *Inspiring Women to Care About Stroke: Let Stroke Matter*. Lynn Hyde, MED, ACE, NASM, a fitness instructor at the AtlantiCare LifeCenter, will discuss the impact of exercise on overall health. She'll also demonstrate simple, effective exercises women can fit into even the most hectic of schedules.

"Women should – but often don't – heed their own health," said Ann Szapor, executive director, Women's and Children's Services, AtlantiCare. "They often ignore symptoms of stroke. Putting off immediate treatment can have devastating life consequences for them and their family. Exercise is often at the bottom of women's lists. This, too, impacts their health and that of their families."

A registration fee of \$35 (\$30 for AtlantiCare Spirit of Women members) To register for the "Get Smarter, Get Stronger" seminar or to schedule an appointment for a wellness check-up at the AtlantiCare Women's Pavilion, call the AtlantiCare Access Center at 1-888-569-1000. For more information about AtlantiCare Women's Health & Wellness or other AtlantiCare services, visit www.atlanticare.org.

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AtlantiCare is a regional healthcare organization based in Egg Harbor Township, New Jersey, whose more than 4,580 employees serve the healthcare needs of the community at more than 60 locations. It includes AtlantiCare Regional Medical Center (ARMC), the AtlantiCare Foundation, AtlantiCare Health Plans, AtlantiCare Behavioral Health and AtlantiCare Health Services. ARMC became the 105th hospital in the nation to attain status as a Magnet™ designated hospital in March of 2004.