

Hitch a ride with your girlfriends and join us for Juneau County's third annual

Women's Night Out



Featuring
Brenda Elsagher

Tuesday, October 5 at Mauston High School

- 4:30 - Registration begins & exhibits open
- 5:00, 5:20 & 5:45 - 15-minute Zumba (dance/fitness) demonstrations
- 6:00 - Medical question & answer panel
- 7:00 - Raffle winners announced; exhibit hall closes
- 7:30 - "Bringing Joy Through the Journey" presented by Brenda Elsagher

health & wellness exhibits • nutrition information • free gift bags
health screenings • door prizes • raffles • hors d'oeuvres & desserts • fun

*Tickets are limited.
Get yours today!*



Tickets are \$10 and available at:

- Elroy - Elroy Family Medical Center, Fox Pharmacy
- Mauston - Beyond the Daily Grind, Mile Bluff Clinic, Mile Bluff Medical Center, Phillips Pharmacy, Royal Bank
- Necedah - Necedah Family Medical Center
- New Lisbon - Raabe's Pharmacy
- Lake Delton - Delton Family Medical Center

For further details, or for information on sponsorship opportunities, visit www.milebluff.com or call 608-847-1496.

*This event is brought to you by the Juneau County Women's Health Initiative,
a division of Mile Bluff Medical Center Foundation.*



Sponsored in part by: Mile Bluff Medical Center; Mile Bluff Clinic, LLP;
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Wisconsin Heart & Vascular Institute

Live
Love
Laugh
&
Learn
With Enthusiasm!