

# Act Now!

## Join Spirit of Women®

Spirit of Women is a special program just for women. It is designed to be a valuable resource that can help you live your life to its healthiest and fullest.

Become a member of the nationally-acclaimed Spirit of Women Program and you're doing more than just joining a club. You're joining thousands of women in your own community and across the country committed to leading healthier, happier, more active lives.

Spirit of Women brings together traditional women's health services in our community with a focus on living a healthier lifestyle; preventative care and activities designed to celebrate the Spirit of Women. Learn more by visiting our website at [www.leesburgregional.org](http://www.leesburgregional.org).

**There's a reason women are talking about Spirit of Women. After all, it costs you nothing to join and delivers so much!**

Sign up online at [www.leesburgregional.org](http://www.leesburgregional.org) or contact our Info Line at 323-5525



### Benefits include:

- Women-to-Women Social & Educational Programs:
  - Girls' Night Out
  - When They Rely On You
  - Family Spirit
  - HeartCaring
  - Walk with Spirit
  - Day of Dance for Cardiovascular Health
- Complimentary issue of the nationally-recognized "Spirit of Women" Magazine
- Discounted membership & waived starter fee to the LRM Wellness Center including a free, personalized fitness assessment
- E-mails & eNewsletters with the latest health, wellness & beauty tips
- All this and much more to come!