
Press Release

NEWS

*Burlington County
Board of Chosen Freeholders
Mount Holly, NJ 08060*

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FOR IMMEDIATE RELEASE:
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BURLCO AND VIRTUA HEALTH HOST WOMEN'S HEALTH SEMINARS

March 24th -to June 10th – Free Evening Lectures in Mt. Holly

The Burlington County Advisory Council on Women and Virtua Health are hosting free seminars from March 24 to June 10 as part of their annual Healthy Living Series at **Virtua** Memorial Hospital Burlington County in Mount Holly.

The Council encourages women of all ages to take advantage of these free seminars for better health led by experts in their fields.

All of the seminars are held in the hospital's first floor conference center at 175 Madison Avenue. Refreshments will be served.

"A Lifetime of Healthier Skin" with Virtua Dermatologist Dr. Naomi Lawrence will be held Wednesday, **March 24, 7 p.m.**

"Preventing Aches, Pains and Strains" will be held Thursday, **April 22, 7 p.m.** with Virtua Orthopedic Surgeon Dr. Merrick Wetzler.

"The Treasures of Yoga: Happiness, Health and Well-Being" will be held Wednesday, **May 19, 7 p.m.** with Virtua Yoga Instructor Dana Dabek-Milstein.

"Indulge Yourself 'til Your Heart's Content" will be held Thursday, **June 10, 6:30 – 9 p.m.** with Virtua physicians Dr. Maria Duca and Dr. Barbara Moront.

To reserve a space, call 1-888-847-8823 or register online at www.virtua.org. For more information, call Kim Mattson, administrator for the Burlington County Advisory Council on Women, at 609-265-5529. ###