



MEDIA ADVISORY

FOR IMMEDIATE RELEASE

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LWMC Names New Healthy Woman Advisory

Lake Wales, FL – Lake Wales Medical Center has named its 2010 Healthy Woman Advisory Council. The HWAC helps guide the hospital's Healthy Woman program, which offers a variety of health and well-being programs throughout the year, targeting women in their 20s through 50s. New Council members for 2010 are:

- **Erika B. Schindler, owner of The Oasis Spa:** Erika is a licensed, nationally certified massage therapist, and recently placed first in the state for facials in a Vocational Industrial Clubs of America competition in Miami. She is a member of the Associated Bodywork and Massage Professionals, and the Associated Skin Care Professionals. She is a member of CrossRidge Church and the Lake Wales Women's Club.
- **Erica Falchetti, Contracts Manager for Insights Public Sector:** Erica is a member of High Point Church in Lake Wales, a member of the Lake Wales Area Chamber of Commerce, a volunteer with Youth Leadership Lake Wales, and secretary for Riding with Angels, Inc. She holds a bachelor's degree in Accounting from Warner University and a Master's of International Management from the University of Exeter. She is a graduate of Leadership Lake Wales Class 11, and a member of Winter Haven Young Professionals.
- **Kara Huebsch, Sales Representative for Vernon Sales Promotion:** Kara attends RidgePoint church in Winter Haven. She holds a Bachelor's degree of applied social sciences, and is a long-time volunteer with the American Red Cross Disaster Services. She also volunteers with Phoenix Hope Foundation for at-risk youth.
- **Kara Wiseman, Youth Services Librarian at Lake Wales Public Library:** Kara attends High Point Church and serves on the McLaughlin Middle School & Fine Arts Academy advisory board. She graduated from Warner University and also holds a Master's of Library and Information Science from the University of South Florida. She's a graduate of Leadership Lake Wales Class 11, serves as an adult advisor for the Youth

Leadership Lake Wales program, and is currently attending the Sunshine State Library Leadership Institute – Class 6. She and her husband, Chris, have one son, Nicholas.

- **Amy Respress, owner of Entourage Salon & Spa:** Amy attends Empower Ministries and Highlander Ridge Fellowship, and is a member of the Lake Wales Chamber of Commerce and Lake Wales Main Street. She and her husband, Kevin, have three children, Ashley, Lauren and Seth.
- **Courtney Hall, Communication and Events Coordinator, Warner University:** Courtney attends South Lake Wales Church of God, and is a member of Leadership Lake Wales Class 14. She holds a BA and an MBA from Warner University.
- **Krystal Lopez, biller at the office of Dr. Hasan Mousli.** Krystal holds a BA degree in Public Relations. She and her husband, Sal, recently relocated to Lake Wales from the Florida Panhandle and attend High Point Church.
- **Kami Schulze, owner of Studio 300 Personal Training Inc.:** Kami is an IFPA certified personal trainer and is active at First Assembly of God church, where she is a member of the worship team. The Lake Wales native has 15 years of cosmetology experience and participates in continuing education programs in nutrition and fitness. She and her husband, Troy, have two children, Kaylee and Terry.

Returning Council members are:

- Ivadene Howell, RN, Lake Wales Medical Center
- Marty Isom, RN, Lake Wales Medical Center
- Dr. Caroline Honculada, Lake Wales Medical Center
- Latrelle Yungmann, Community member
- Arianne Seidl, Bok Academy
- Jamie Moore, Lake Wales Medical Center
- Collette Braunstein, Community member
- Judy Casingal, Lake Wales Medical Center
- Bette Veldman, Lake Wales Medical Center
- Maryemma Bachelder, Lake Wales Medical Center

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