



## **MEDIA ADVISORY**

**FOR IMMEDIATE RELEASE**  
**February 8, 2010**

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### **LWMC's Healthy Woman to Discuss "Happy Feet"**

**Lake Wales, FL** – Is there such a thing as shoes that look stylish but are still comfortable and not harmful to your feet? Are all shoes created equal? Lake Wales Medical Center's Healthy Woman program will discuss "Happy Feet" at its February program, to be held on Thursday, Feb. 25 at 6 p.m. in the Fellowship Hall at High Point Church, 501 Burns Ave., in Lake Wales.

The evening also will include a time of physical activity, part of the 2010 Healthy Woman "Miss-Fits" initiative. Healthy Woman Advisory Council members will lead the group in dance and exercise to foot-themed music. Attendees are encouraged to dress comfortably and wear shoes they can exercise in.

"This program is designed for 20-something to 50-something ladies looking for guidance on what seems like a perennial question for women: Do they have to sacrifice style to get comfort and good foot health?" said Maryemma Bachelder, Marketing Director at LWMC. "We'll be offering free child care for attendees this month, to help reach women who might otherwise not be able to attend because they have young children at home."

The program will feature medical information on foot health and the important role that proper shoe fit plays in maintaining foot health. In addition, Rich Wills, owner of FootNiche in Lakeland, will be on hand to discuss how to find an athletic shoe that fits your foot properly.

The Healthy Woman program is free, but space is limited and pre-registration is required. Please call 678-2288 to register and sign up for child care.

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