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FOR IMMEDIATE RELEASE

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Free “Girls Day Out” Event to Feature Humorist, Hand Treatments, Seminars, Prizes

MIAMISBURG – Area women are encouraged to step out with the girls on **Sunday, Oct. 25**, when **Sycamore Medical Center** will host “**Girls Day Out**” from **1 to 5 p.m.** in the main lobby at **4000 Miamisburg-Centerville Road**.

Speaker Scott Osterfeld will motivate you and make you laugh, and there will be informational sessions on breast health, gastro-intestinal health and pelvic floor health. You can pamper yourself with free paraffin hand wax treatments, and a Macy’s cosmetics representative will be giving an eye makeup clinic. There will also be refreshments and drawings for gift baskets, a \$100 Visa Gift Card, a handbag from Macy’s and much more.

This unique event is part of the *Spirit of Women* – a year-long celebration of women’s health.

There is no need to pre-register. For more information on this free event, please call **(937) 384-4857**.