



**Lewis County  
Health System**  
Your Health Partner

7785 North State Street  
Lowville New York 13367

Contact: Christina Flint, Community Relations  
Email: [pr@lcgh.net](mailto:pr@lcgh.net)

**FOR IMMEDIATE RELEASE**

April 8, 2024

**LCHS Hosting Women's Health and Wellness Night April 30th**

LOWVILLE, NY— Lewis County Health System invites women of all ages to attend our first Women's Health and Wellness Night on Tuesday, April 30, 2024, from 5:00 p.m. to 7:00 p.m. at the Tug Hill Estate, 4051 Yancey Rd, in Lowville. This FREE event offers women an evening to socialize with friends, enjoy great food, and have a chance to win great prizes, all while learning about the latest in women's health!

At the event, you will have the opportunity to meet our physicians and health experts, who are dedicated to providing services that support women throughout their health journey. There will be a variety of informational booths providing one-on-one opportunities to discuss women's health topics, from health education, nutrition, heart health, rehabilitation services, and breast health and screening.

From 6 p.m. to 6:30 p.m., participants will hear from health experts Danah Ernst, Women's Health FNP-C, Rachel Zehr, MD, General Surgeon, and Lynne Pominville, PT, Pelvic Floor Specialist, who will provide information on Women's Health Center services, breast surgery, and pelvic floor dysfunction.

As a token of our appreciation for your participation, we have prepared some exciting door prizes for you to win, including a beach-ready Bogg bag tote, a rejuvenating massage gift certificate, and more!

Don't miss out on this incredible opportunity to prioritize your health and well-being. If you would like to attend, please RSVP to Michelle Kelley at 315-376-5203 or [admin@lcgh.net](mailto:admin@lcgh.net).

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Join us for a relaxing and informative evening  
with our OB/GYN medical providers and health system staff experts.

## WOMEN'S

# Health & Wellness Night

TUESDAY, APRIL 30, 2024

5PM-7PM

TUG HILL ESTATE

4051 Yancey Rd, Lowville, NY 13367

- ✔ A variety of healthcare info specifically for women
- ✔ Meet our physicians and women's health experts
- ✔ Enjoy refreshments and win door prizes

6-6:30PM - A presentation from health experts  
on women's health services, breast surgery, and pelvic floor dysfunction.

### PRESENTERS

Danah Ernst, Women's Health FNP-C  
Rachel Zehr, MD, General Surgeon  
Lynne Pominville, PT, Pelvic Floor Specialist

RSVP is appreciated but not required, call Michelle Kelley at 315-376-5203



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