



FOR IMMEDIATE RELEASE

CHI St. Joseph's Health Hosts "Women's Night Out"

PARK RAPIDS, MN (August 12, 2015) – CHI St. Joseph's Health will host a free "Women's Night Out" event featuring Chris Freytag, nationally recognized health and fitness expert. Hear Freytag's motivational message, tips and strategies to improve your health.

Women of all ages are invited to attend this event on September 14 from 5:00 pm to 7:30 pm at Faithbridge Church in Park Rapids. The night will be bursting with a collaborative spirit of fellowship, play, prizes, food and fun geared to celebrating your good health.

Meet with health experts and learn about exercise options and nutrition, breast health, colon health and much more. Enjoy complimentary light bites and beverages, hear guest speaker Chris Freytag, followed by a book signing and prize drawings.

Freytag is a nationally recognized fitness expert, speaker, and founder of GetHealthyU.com – a website dedicated to helping you "Get Better Every Day". She is a contributing editor to *Prevention Magazine* and an emeritus member of the board of directors for the American Council on Exercise. Chris has authored 5 books, created dozens of fitness dvd's, appears weekly on the Minneapolis NBC affiliate and loves teaching classes at Life Time Fitness.

Freytag, will present her program titled "*What I need most is my health*". Discover how to improve your health both physically and mentally. Find out specific tips and strategies you can use right away to manage and alleviate the stress in your life, have more energy, feel more alive and create more time for you.

To register for this free event, please contact Sonja Day directly at 218.616.3383 or sonjaday@catholichealth.net by September 7.

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CHI St. Joseph's Health "Women's Night Out"

Fitness expert Chris Freytag presents her program entitled "What I Need Most is my Health!" during CHI St. Joseph's "Women's Night Out" September 14 at Faithbridge Church in Park Rapids.

About CHI St. Joseph's Health

CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams received several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national, regional and state recognitions.

About CHI

Catholic Health Initiatives, one of the nation's largest health systems, was formed in 1996 to strengthen the Catholic health ministry for the future. With deep roots in the tradition of expressing Christ's love by caring for those in need, Catholic Health Initiatives serves more than four million people each year through acute care hospitals; long-term care, assisted and residential-living facilities; community-based health services; home care; research and development; and reference laboratory services.

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