2020 Spirit of Women Events

All programs are free although RSVP is required. Registration opens one month in advance of each program. For registration or more information, go to genesishcs.org > Classes & Events, or call (740) 454-4002 or 800-322-4762, ext. 4002.

The Heart of It All – How Can I Keep My Family “Heart Healthy”?
Thursday, Feb. 20, doors open at 5:30 p.m.
OUZ/Zane State College Campus Center
Registration opens Jan. 20.

Learn how to keep your family “heart healthy” by understanding the risk of cardiovascular disease with presentations and information about new life-saving procedures available at the Genesis Heart & Vascular Institute. You’ll also enjoy learning about building a family tree and searching for your family’s roots.

Good to the Bone – Options for Your Joint Pain
Wednesday, March 25, doors open at 5:30 p.m.
Genesis HealthPlex
Registration opens Feb. 25.

Don’t let joint pain stop you in your tracks; we want to help you feel “good to the bone” again. Learn what Genesis’ orthopedic surgeons and sports medicine physicians can offer to help you with your joint pain.

Girls’ Night Out – Your Doorway to Good Health, Good Friends and Good Fun!
Thursday, April 23, doors open at 4 p.m.
New Location! Eagleticks Golf Club
2655 Maysville Pike, Zanesville
Registration opens March 23.

Join us at Eagleticks Golf Club in Zanesville to celebrate our annual Girls’ Night Out. Learn from health professionals how to open the door to better health while having fun with your friends. Vote for your favorite purse filled with fabulous goodies in the purse contest, sign up to win a purse or one of dozens of prizes, and enjoy much more! Must be a Spirit of Women member to attend.

Hangry? – How to Help My Family Eat Healthier
Thursday, May 21, doors open at 5:30 p.m.
Dodson’s Gathering Place
323 West Broadway, New Lexington
Registration opens April 21.

You know that nutrition plays a major role in your family’s health. Helping your family stick to a balanced, healthy diet isn’t always an easy task. We will tell you about simple changes you can make to have a positive effect on your family’s health.

We’ll Fight With You – Cancer Awareness
OUZ/Zane State College Campus Center
Thursday, Oct. 22, doors open at 5:30 p.m.
Registration opens Sept. 22.

Do you avoid seeing your doctor or put off recommended screenings or tests because you fear the diagnosis? When it comes to cancer, we’ll fight with you for prevention and early recognition of symptoms through treatment.

The Sweet Truth – Preventing and Managing Diabetes and Weight Management
Thursday, Nov. 12, doors open at 5:30 p.m.
OUZ/Zane State Campus Center
Registration opens Oct. 12.

Have a sweet tooth? Join us to learn about the sweet truth when it comes to healthy eating to keep your weight and diabetes in check. This event will featuring a cooking demonstration on reducing carbs and sweets to help you not feel deprived. You’ll sample the food prepared by a local chef and take the recipes home to try for yourself. The Genesis Diabetes & Nutrition Education team will talk about counting carbs, sugar substitutes and tips to help manage your weight.