

# Catch the

# Spirit!

*Spirit of*  
**Women**  
Forrest General Hospital  
Health is Action<sup>SM</sup>

 **ForrestGeneral**  
HOSPITAL

There's a reason why women in South Mississippi are talking about Spirit of Women. After all, it costs so little and delivers so much...

- Discounts from local businesses
- Notices of new procedures and equipment
- Discounted rates and special invitations to seminars, classes and events
- Membership packet of materials including:
  - Membership ID card
  - Women's Health Guide
  - Key tag
  - Magnet
- Membership in a nationally-recognized program
- Spirit of Women Web site access
- Monthly Calendar of Events
- Quarterly *Spirit Magazine* subscription

## Health is Action!



Dr. Rebecca Duff and  
Georgie McMullen




Spirit Girls Lacey Montgomery,  
Kayla Purvis and Hannah Roberts



Day of Dance for Heart Health

# About Spirit of Women



**Spirit of Women** Hospital Network is a national coalition of hospitals and health care facilities in over 55 U.S. cities joined together to advance the cause and business of women's health. Spirit of Women is a national movement — more than just a media campaign or a series of events, but a *movement* led by hospitals across the United States and supported by corporate partners and national media with the mission to move women to take action for better health for themselves and their families...mind, body and spirit.

Forrest General Hospital implemented the Spirit of Women program in 2004 and is the exclusive Spirit of Women hospital for South Mississippi. For more information or to join Spirit of Women, please contact **FGH OnCall at 1-800-844-4445, and press 1.**

## Take Action, Register Today!

Register to become a Spirit of Women member and you are doing more than joining a club. You are becoming part of a support system for women of all ages — helping to nurture your well-being and enrich your lifestyle. Simply complete the card below and return it along with a one-time fee of \$20 in the enclosed business reply envelope.

Gift memberships are available — you can share the gift of women's health with a friend or loved one!



### REGISTRATION FORM

To join, complete the information below and return it with a one-time fee of \$20 in the business reply envelope.

Please check the appropriate box:

- Yes, I would like to become a member. Enclosed is the \$20 membership fee.
- This is a gift membership from (Name) \_\_\_\_\_ (Phone) (\_\_\_\_\_) \_\_\_\_\_
- I am an FGH employee (Employee I.D. Number) \_\_\_\_\_ (Dept.) \_\_\_\_\_
- I am the spouse of an FGH employee (Employee's Name) \_\_\_\_\_ (I.D. Number) \_\_\_\_\_ (Dept.) \_\_\_\_\_

New Member Information:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Date of Birth \_\_\_\_\_ E-mail \_\_\_\_\_

Number of children \_\_\_\_\_ Ages \_\_\_\_\_

**My interests are:**  Gardening  Cooking  Childcare  Fashion/Beauty  Healthy Lifestyles  Health and Wellness  
 Career/Education  Fitness  Relationships  Marriage  Spirituality  Other

Office Use Only: Member Number \_\_\_\_\_ Enrollment Date \_\_\_\_\_