



Now accepting nominations for a

DAY OF PAMPERING

A healthy lifestyle of good nutrition and physical activity has proven to reap great life-long rewards. Oftentimes after immense struggles, excessive dedication and hard work, personal goals are accomplished. The creators of Girls Night Out—A Celebration of Women’s Health, would like to offer a few ladies a well deserved Day of Pampering as reward for achieving a personal healthy lifestyle (physical/nutritional) accomplishment.

TO MAKE A NOMINATION:

- Tell her story — in 250 words or less, explain why this special woman is deserving of an all expenses paid, day of pampering.
- Include before and after, full-length photos of their lifestyle change.
- Complete the nomination form below.

From the nominations, women will be selected by the event committee and publicly announced in August.

- The day of pampering will take place on Thursday, September 13, 2018.
- Women selected will be presented at the Girls Night Out—Celebration of Women’s Health event the same evening.
- Deadline—Nominations must be postmarked/submitted no later than midnight, Wednesday, August 15, 2018.

CANDIDATE QUALIFICATIONS:

- Must be a woman 25 years of age or older.
- A resident of Logan County.
- Must be willing and available to participate in a presentation at the “Girls Night Out” event.



Mary Rutan HOSPITAL



Follow event happenings on Facebook at *Girls Night Out Celebration of Women’s Health*



NOMINATION FORM for a Day of Pampering

Woman’s Name _____ DATE OF BIRTH _____

ADDRESS _____

Phone Number _____ EMAIL _____

DEADLINE FOR NOMINATIONS: AUGUST 22, 2018

For more info call 599-7005

PERSON/GROUP MAKING NOMINATION: _____

CONTACT: _____

PHONE: _____ EMAIL: _____

Please return this form and all necessary info to:

Christie Barns, Mary Rutan Hospital, 205 Palmer Ave., Bellefontaine Ohio 43311 or Christie.Barns@maryrutan.org.