

Bear Lake Memorial Celebrates Nation Women's Health Week



Dr. Kerry Jepsen discusses women's health issues at the Women's Health Reception held at the Bear Lake County Library

Bear Lake Memorial Hospital celebrated National Women's Health Week with a number of events. The kick-off event was a 1.5 mile walk for women's health on Monday, May 10th. Women gathered in front of the hospital where they collected free women's health information and put their name in for a drawing.

Fitness nights were held on Tuesday, May 11th and Wednesday, May 19th at Absolute Fitness. Instruction was given by Brenda Jacobson at the Tuesday night class and Jymme Manchester at the Wednesday night class. Brenda focused on exercise technique and committing to a healthier lifestyle and Jymme's class

featured circuit training. Two free one month Absolute Fitness memberships were given away each night.

A Women's Health Reception was held on Friday, May 21st at the Bear Lake County Library featuring Dr. Kerry Jepsen as the guest speaker. Dr. Jepsen addressed women's bone health and the importance of Calcium and Vitamin D. He also stressed the importance of weight bearing exercises to help preserve and maintain bone density. Free information was handed out pertaining to numerous health issues and the library kindly provided several samples of books dealing with women's health issues, all of which are available to be checked out. Two free one month Absolute Fitness memberships were also given away.

Bear Lake Memorial Hospital would like to thank all who participated and would especially like to thank Absolute Fitness, Brenda Jacobson, Jymme Manchester, the Bear Lake County Library and Dr. Kerry Jepsen for helping make this event a great success.