

*Join us for*  
**WOMEN'S  
HEALTH NIGHT**

**Thursday**

**May 11, 2023**

4:30 pm - 7:00 pm

Das Lach Haus  
Cumberland, WI

**TICKETS:**

**\$10 in ADVANCE**

**\$15 at the DOOR**

Social Hour: 4:30 - 5:15 PM

Dinner: 5:15 - 6:00 PM

Presenters: 6:00 - 7:00 pm

**DURING SOCIAL HOUR  
EXPERIENCE:**

Dry Needling

Blood Pressure Screenings

Shopping, Give a Ways & More!

**TOPICS & PRESENTERS:**

- Be a Stronger Woman: Improving Bone Health & Preventing Osteoporosis by Kiersten Haugerud, RDN
- Pelvic Pain, Incontinence & Postpartum Issues by Kimberly Hanson, DPT
- Getting to the Heart of the Matter by Debb Hallingstad, APNP
- Colonoscopies by Amy Bair, MD, General Surgeon

Tickets are available for purchase at Cumberland Healthcare's Information desk and the Turtle Lake Center. For more information, call 715-822-7250 or email [kquickhanson@cumberlandhealthcare.com](mailto:kquickhanson@cumberlandhealthcare.com).

[www.cumberlandhealthcare.com](http://www.cumberlandhealthcare.com)



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HEALTHCARE**