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Holy Redeemer's Young Women's Event offered hot health topics & spring's fresh fashion trends

(BENSALEM, PA) – The spring season has arrived, bringing warmer weather and fresh, fun fashion fads. What better time than now for Holy Redeemer Health System's annual Young Women's Event at the Neshaminy Mall, where women learned about today's hot health topics and spring fashion and make-up trends.

This year, keynote speaker Erica Rubach, co-founder of MomSpace.com, revealed her secrets for styling a life that works for her – at home and in business. She also shared how MomSpace.com can help make a woman's busy lifestyle less hectic and more fun.

In addition to Rubach's appearance, attendees also got the chance to ask women's health-related questions to Holy Redeemer obstetrician and gynecologist Dr. Jeanine Devlin during a "Tableside Q&A". But that's not all. Attendees were updated on what's hot this spring thanks to the INC International Concepts fashion show and mini-makeovers by Macy's cosmetics. They also received relaxing hand massages by Wellness at Work and enjoyed a demonstration on "Fab Abs in 15" minutes by Holy Redeemer Health and Fitness Center.

"Whether a woman is young in age or at heart, this event will be a fun and informative resource for those continuing their quest for good health," says Marian Thallner, vice president of women's and children's services at Holy Redeemer Health System. "We are pleased to offer an event that gives women a chance to learn successful strategies to stay healthy, network with others and simply have fun."

Women seeking quality, compassionate healthcare will find a full continuum of services at Holy Redeemer Health System. For your healthcare needs, Holy Redeemer offers prevention and wellness programs, maternal/infant care services, weight management programs and diagnostic services and advanced treatment technologies. For more information about women's programs and services, call 1-800-818-4747 or visit www.holyredeemer.com.



Pictured: During Holy Redeemer’s Young Women’s Event, an attendee speaks to Holy Redeemer obstetrician and gynecologist Dr. Jeanine Devlin during her “Tablesides Q&A”.

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