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Attendees walked on the wild side of life at Holy Redeemer's Annual Mature Women's Event

(BENSALEM, PA) – It was ladies night for more than 100 women who attended Holy Redeemer's Annual Mature Women's Event – "Walk on the Wild Side of Life" – at Boscov's at the Neshaminy Mall in Bensalem. Attendees learned how to stay heart healthy and discovered how to celebrate their second half of life with passion and pleasure.

Keynote speaker, wellness educator and author Sunny Hersh took to the podium with zeal, announcing that mid-life is not a time for misery, but a time for boomers to create a cycle of success that will touch family, friends and the world. She encouraged attendees to live life to its fullest, learn new things, laugh out loud, and celebrate life's milestones.

"We were pleased to introduce a speaker who encourages women of all ages to have an optimistic outlook on life," says Marian Thallner, vice president of women's and children's services at Holy Redeemer Health System. "Having a positive self image is a part of maintaining good health. And this event not only allowed women to learn more about mental and heart health, but also gave them a chance to relax and socialize with their peers."

In addition to Hersh's keynote speech, attendees learned about the impact of hormones on the heart from Holy Redeemer's Andy Dowds, CRNP, and enjoyed dinner and dessert; hand massages from Wellness at Work; mini-makeovers from Boscov's cosmetics; and several raffle prizes courtesy of Boscov's.

Women seeking quality, compassionate health care will find a full continuum of services at Holy Redeemer Health System. For your healthcare needs, Holy Redeemer offers prevention and wellness programs, maternal and 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.



Keynote speaker and author Sunny Hersh (far left) with attendees.



Attendees make sure they stay heart healthy through blood pressure screenings.