



**ST. VINCENT'S**  
HEALTHCARE

presents

# Ladies Night Out

Join St. Vincent's HealthCare  
for education and motivation in the  
battle against the bulge at the

**St. Johns Town Center**

**April 14, 2011 from 6 - 9 p.m.**

as we host

*Ladies Night Out  
A Celebration of  
Health & Wellness*

**We'll show you practical steps to help you and your family become health and fitness champions in 2011.**

**From exercise and nutrition to information on weight loss surgery, this event will have something for everyone:**

- Free blood pressure, cholesterol and glucose screenings from St. Vincent's Primary Care
- Healthy cooking demos and food samplings from Nippers Beach Grille, Maggiano's, Cantina Laredo and Ted's Montana Grill
- Live exercise demos courtesy of the YMCA
- A fashion show featuring local weight loss champions
- Free makeovers courtesy of Sephora
- Free chair massages from Natural Body Spa & Shoppe
- Free face painting and a bounce house for the kids!
- Meet our weight loss physicians and learn more about the latest surgical options
- Fabulous prize giveaway from Levy Jewelers
- Plus.....meet the physicians from TruYou·Plastic Surgery

**Celebrity Appearances  
Include:**

**Kenny Gilbert from  
Bravo TV's hit show  
TOP CHEF**

*Kenny will prepare  
delicious healthy  
dishes from his  
new restaurant  
Nippers Beach Grille*



**Olympic gymnast  
Shannon Miller**

*Shannon will emcee  
the event and sign  
autographs*

