



**For Immediate Release**  
**Date: 4/27/07**

**CONTACT:**

Healthy East Chicago, Inc.  
Att: Cynthia Rivas  
100 West Chicago Avenue  
East Chicago, IN 46312  
(219) 397-6863  
Fax (219) 397-6869

Email Address:  
cynthia@HealthyEC.org  
[www.healthyec.org](http://www.healthyec.org)

**MEDIA CONTACT:** 800-921-1221  
miked@newcombsolutions.com

**Healthy East Chicago Hosts Women's Night Out  
At the East Chicago Marina**

(East Chicago, IN)—Healthy East Chicago will be hosting a very special night of fun and information about health, exercise and nutrition for all the women of East Chicago and surrounding areas. This event will take place on Thursday, May 10, 2007 from 5:30 PM to 8:00 PM at the East Chicago Marina Clubhouse, 3301 Aldis Avenue, on the East Chicago waterfront. The program is entitled: *The Magic of Caring—Women's Night Out*. It is free to the public and women, mothers, and sisters of all ages are invited to attend.

The first 50 women to call and register for this event will receive a free gift! *Please call Yvonne at 397-5431 by Monday, May 7, 2007.*

The program will feature free door prizes, healthy snacks, information, fun activities and more! Representatives from health organizations throughout the area will be on hand to answer questions and provide health programs. The Night Out is sponsored by the

*Women Family Health Education Initiative* funded in part by the East Chicago Community Development Foundation. Se Habla Español!

# # #

Healthy East Chicago, Inc. is a collaborative effort initiated by the City of East Chicago in partnership with St. Catherine Hospital. It is a consortium organized and operated exclusively for charitable purposes to focus on issues such as access to health care, educational opportunities, public safety initiatives, environmental programs and information/referral networks. Address: 100 West Chicago Ave.

East Chicago, IN 46312 Contact: Phone: 219-392-7206 Web Site: [www.healthyec.org](http://www.healthyec.org)



**For Immediate Release**

**Date: 5/17/07**

CONTACT: Healthy East Chicago, Inc.  
Attn: Cynthia Rivas  
100 West Chicago Avenue  
East Chicago, IN 46312  
(219) 397-5431 ext. 301  
Fax (219) 397-6869  
[cynthia@HealthyEC.org](mailto:cynthia@HealthyEC.org)  
[www.healthyec.org](http://www.healthyec.org)

MEDIA CONTACT: Mike Davids  
800-921-1221  
[miked@newcombsolutions.com](mailto:miked@newcombsolutions.com)

**Healthy East Chicago “Women’s Night Out” Proves a Popular Event**

(East Chicago, IN)— Healthy East Chicago (HEC) recently held its 5<sup>th</sup> Annual *Women’s Night Out* event at the East Chicago Marina South Bay Room. It was a great success with nearly 100 women participating. According to Cynthia Rivas, HEC Executive Director, attendees heard from 10 sponsors about techniques to stay healthy, relaxed and beautiful. They also learned advice for keeping their families healthy too. Event goers were treated to a specially made healthy dinner prepared by master chef, David Richardson from the East Chicago South Bay Room.

First timers were amazed at what they learned at the event. “I regret missing the past *Women’s Night Out* events. I thoroughly enjoyed the evening and left so refreshed. The fellowship among so many women was wonderful. And, the guest speaker, Trina Lynch-Jackson, really taught us why it’s important to be kind to ourselves,” says East Chicago resident, Jeannette Trent.

The vendors included Haven House, Tri-City Mental Health, St. Catherine Hospital Diabetes Center, Mary Kay Cosmetics, Healthy East Chicago Promotores de Salud Tobacco Prevention Program, Avon Cosmetics, East Chicago Public Library, SHIPP, MOTTEP and entertainment by the magician “born to perform,” Tanshe Bordieski.

*Women's Night Out* was funded in part by East Chicago Community Development Foundation.

# # #

Healthy East Chicago, Inc. is a consortium organized and operated exclusively for charitable purposes to focus on issues such as access to health care, educational opportunities, public safety initiatives, environmental programs and information/referral networks. Address: 100 West Chicago Ave. East Chicago, IN 46312 Contact: Phone: 219-397-5431 Web Site:

[www.healthyec.org](http://www.healthyec.org)

# the *Magic* of Caring

## Women's Night Out

*Sponsored by Healthy East Chicago*

**First 50 women to call and register  
for this event will receive a free gift!**

**Come for door prizes, gifts,  
healthy snacks and more!**

**Se Habla Español**

Women of East Chicago, you are invited to meet with friends and neighbors while learning about Women's Health, Exercise, Nutrition, and Community Resources that are important to caregivers.

Date: Thursday, May 10, 2007

Time: 5:30 p.m. – 8:00 p.m.

Location: East Chicago Marina

3301 Aldis Ave.

East Chicago, IN 46312

**Please invite your mothers, daughters,  
sisters and friends! Call Yvonne to RSVP  
at 397-5431 by Monday, May 7, 2007!**

