



## An educational and fun girls' night out

Take care of your health while having a good time. Southeast Georgia Health System invites you to the second annual Mammos & ManiCURES.

This relaxed event is a great way to learn more about breast health while pampering yourself. The evening will include clinical breast exams, mini manicures, mini facials, health and fitness information, delicious snacks and much more.

### Exams and mammograms

Mammos & ManiCURES provides an opportunity to talk with experts about your breast health concerns.

In addition to clinical breast exams, women can also have their mammogram during the event. Mammograms are the best tool for finding breast cancer early, when it's often easiest to treat. You don't need an appointment for a mammogram, but it's recommended that you bring an order from your doctor. However, if you don't have one,

on-site clinicians can write a mammogram order after performing a breast exam. Most insurance plans are accepted and financial assistance is available for patients who qualify.

### Facials, food, manicures and more

Community vendors will also be on hand to make Mammos & ManiCURES an enjoyable girls' night out. In addition to the many pampering opportunities, including chair massages and skin care demonstrations, local gyms will share fitness and membership information. Representatives from the American Cancer Society and Susan G. Komen will also be available to talk about breast cancer and provide helpful resources for Southeast Georgia residents.

No girls' night out is complete without food. Our Health System dietitians will delight everyone with their delicious, healthy snacks and recipes.



**Grab your girlfriends and join us**

for Mammos & ManiCURES. Call **855-ASK-SGHS** (275-7447) for more information or visit **sghs.org**.

## Two Convenient Locations

**Thursday, Oct. 11, 6–8 p.m.**  
Southeast Georgia Health System  
Brunswick Campus  
Outpatient Care Center  
2500 Starling St., Brunswick

**Thursday, Oct. 18, 6–8 p.m.**  
Southeast Georgia Health System  
Camden Campus  
Conference Center  
2000 Dan Proctor Dr., St. Marys

