



**FOR IMMEDIATE RELEASE**  
**April 21, 2010**

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**WMC joins national campaign to promote women's health education**

**FRANKLIN, TENN.** – Williamson Medical Center has teamed with several national organizations to help educate women about the importance of taking control of their health with diet, exercise and regular gynecologic exams.

WMC joins da Vinci<sup>®</sup> Surgery, Curves<sup>®</sup> International, About.com and the Office on Women's Health, a division of the U.S. Department of Health and Human Services, in the prevention and wellness campaign "Small Steps. Healthier Lives."

Locally, physicians are speaking to small groups of women regarding a variety of topics including urological and gynecological health. Attendees also receive nutrition tips from a WMC registered dietitian and learn about the benefits of exercise from a Curves representative.

Urogynecologist Barry Jarnagin, M.D., will present "Take Control of Your Health Care" 6 – 7 p.m. Thursday, April 29, at Curves in Franklin, 1113 Murfreesboro Road. He will repeat the session 11 a.m. – noon Friday, May 7, in Meeting Rooms A, B and C at Williamson Medical Center.

Medical oncologist/gynecologist Gautam Rao, M.D., also will take part in the women's health campaign by leading a session on "Preventive Screenings and Your Health" 9 – 10 a.m. Thursday, May 20, in Meeting Rooms A, B and C at Williamson Medical Center.

Each program will include light refreshments, and all attendees will receive a free, 30-day Curves membership. RSVP by calling 615.791.CARE.

Williamson Medical Center, a 185-bed hospital fully accredited by The Joint Commission, provides comprehensive inpatient and outpatient care including emergency services, with credentialed physicians in 53 specialties and sub-specialties. The community-focused hospital offers a wide range of wellness services, screenings and classes. For more information about Williamson Medical Center, visit [www.williamsonmedicalcenter.org](http://www.williamsonmedicalcenter.org).

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