FOR IMMEDIATE RELEASE

Women Sparkled at San Antonio Regional Hospital’s Girls’ Night Out Event

UPLAND, Calif. (October 14, 2015) – Over 250 women joined San Antonio Regional Hospital for their annual Spirit Girls’ Night Out event held October 8, 2015. With the theme of “You Were Born to Sparkle,” the evening was designed to engage women in their own health, especially the power of prevention. Hosted by KOLA radio personality Cindy Davis, the event focused on preventing breast and other cancers by taking more control over lifestyle choices. The American Cancer Society estimates that approximately one-quarter to one-third of the more than 1.6 million cancer cases expected to occur in 2015 can be attributed to people having poor nutrition, a lack of physical activity, and being overweight or obese.

San Antonio physician Dr. Kimberly Bekemeier spoke to the crowd about mindfulness and taking time out of our busy lives to pay more attention to our everyday choices that can have long term effects on our health. Jennifer Liddel, physical therapist and administrator of the hospital’s 4URHealth employee wellness program, shared tips for exercise and healthy eating that women could easily incorporate into their lives. Linda Bosserman, MD, a renowned oncologist with San Antonio Regional Hospital and the City of Hope, engaged the women to join a 30-day challenge by selecting one positive lifestyle change and incorporating it into their daily lives. Research has shown that it takes approximately 30 days for people to develop a lasting habit. The hospital plans to connect with the women to check on their progress and to share results.

In addition to the important health information and specific steps that can be taken to reduce cancer risk, guests were offered free blood pressure, cholesterol, and blood glucose screenings, hand massages, unique shopping opportunities, and a wonderful appetizer buffet. Tours of the hospital’s Women’s Breast & Imaging Center were also offered.

During the evening, a surprise presentation was made to Barbara Jo Kirshbaum, friend of the hospital and widow of long time San Antonio physician Robert Kirshbaum, MD. Barbara Jo was recognized for her incredible fundraising efforts for breast cancer research. She has participated in 145 AVON breast cancer walks, often flying across the country for the cause. She has logged close to 7,000 miles and raised nearly $1.8 million dollars, well on the way to her goal of $2 million.
San Antonio Regional Hospital’s Girls’ Night Out is a Spirit of Women signature event. Spirit of Women is a network of leading hospitals and healthcare providers across the United States that have united to move women and their families to better health. Through the Spirit of Women membership program at San Antonio Regional Hospital, women can take advantage of a variety of health-related activities throughout the year. Membership is FREE and those who sign up receive ongoing discounts to special events, health screenings, an e-newsletter, and more. Spirit members are also given a silver charm bracelet and receive special charms commemorating each Spirit event. Those attending Girls’ Night Out received a rhinestone purse charm to add to their bracelet of previous charms: a little black dress, a red high heeled shoe, and a sports car.

About San Antonio Regional Hospital

San Antonio Regional Hospital in Upland, California is a 271-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women’s health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Regional Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The hospital is nearing completion of a major expansion project that will add a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds to its main hospital campus. This expansion, positions San Antonio as a hospital of the future offering state-of-the-art healthcare services in a healing environment that is focused on the patient and family. To learn more, visit www.sarh.org.