

From: Nat. Women's Health & Fitness Day -- Wed. 9/28/16 <phenze@fitnessday.com>
To: Kester, Tonykester@aging.sc.gov
Date: 9/9/2016 4:02:36 PM
Subject: Nat. Women's Health & Fitness Day--Free Event Registration

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Issue No. 4

Sept. 2016

15th Annual National Women's Health & Fitness Day Event Set for Wednesday, September 28th

For a Limited Time:

FREE Event Registration Available -- Register NOW and Save the \$30+ Fee

Please Excuse This Reminder If You Have Already Registered!

**2016 Event Theme:
"Activity: A Smart Choice!"**

Please Excuse This Reminder If You Have Already Registered

On Wednesday September 28, more than 50,000 women of all ages will participate at 500+ local events as part of activities celebrating the 15th Annual *National Women's Health & Fitness Day*--the nation's largest women's health and wellness event. For more event information, please visit fitnessday.com. For a pdf copy of this year's *Women's Health & Fitness Day Fact Sheet*, [click here](#).

Local groups planning National Women's Health & Fitness Day events on Wednesday 9/28 include Ys and health clubs, park and recreation districts, hospitals and health systems, colleges and universities, health plans, local women's organizations, retirement communities and senior centers, and many more. *Activities at these local events include exercise demonstrations, fitness presentations, health fairs, and health screenings.*

Organizations that wish to host a National Women's Health & Fitness Day event must register in order to legally use the event name and logo, which are official trademarks. The 2016 event registration fee is \$29.95 per location (plus shipping). The fee includes the license to legally use the event name and logo, as well as access to the official program website with all of the materials and resources needed to plan and host a successful Women's Health & Fitness Day event on Wednesday, September 28th.

For a limited time, one of this year's event sponsors is underwriting the event registration fee:

[Click here](#) for your FREE 2016 Women's Health & Fitness Day Event Registration

Save \$30.00 and [register now](#) if your organization would like to host a National Women's Health & Fitness Day event on Wednesday, September 28th.

Once you sign-up online for your free 2016 Women's Health & Fitness Day event registration, you will immediately get a note from us that we received your registration, you will have the license to use the event name/logo this year, and the note will include a link to the official 2016 program website-with all of the materials and resources you will need for your event on Wednesday September

28th. You will also receive our weekly e-newsletter *FitnessDay News* with event updates and ideas.

Hurry: This [free registration offer](#) is available for a limited time!

Questions about National Women's Health & Fitness Day? Please contact the Health Information Resource Center (HIRC), organizer of the event at:

info@fitnessday.com | Phone: **1-800-828-8225**

Follow National Women's Health & Fitness Day on Social Media:

Twitter: [@fitnessday](#) **Hashtag:** [#whfd16](#)

Facebook: facebook.com/fitnessdays

About Us

The *Health Information Resource Center* (HIRC), organizer of *National Women's Health & Fitness Day*, is a national information clearinghouse for professionals who work in consumer health markets. In addition to **National Women's Health & Fitness Day®**, other well-known HIRC programs include the **National Health Information Awards** and the **Digital Health Awards** competitions.

Phone: 1-800-828-8225 | e-mail: info@fitnessday.com

Health Information Resource Center

328 W. Lincoln Ave. #10 | Libertyville, IL 60048

You are receiving this e-mail because you have registered for a previous Women's Health & Fitness Day event, [National Senior Health & Fitness Day](#) event, and/or have requested information on our event and awards programs.

If you do not wish to receive future e-mails, please check the *SafeUnsubscribe* box below. Thank you.

Health Information Resource Center/Nat. Women's Health & Fitness Day, 328 W.
Lincoln Ave., #10, Libertyville, IL 60048

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