



Spirit of Women[®]

Take Action for Your Health!

As a member of St. Luke's Spirit of Women, you have joined women throughout our community and across the country who are committed to leading healthier, happier and more active lives.

St. Luke's Hospital is committed to making good health easier and to help women and their families take action that results in better health. One way we do this is through engaging

events, including Girl Talk, the nationally renowned Day of Dance and Legally Blonde at the Fox Theatre, all coming up in January and February. (See below for event information.)

We encourage you to make the most of your Spirit membership – visit our Rewards Partners and take advantage of their discounts for members, join us for an event or attend one of the many Spirit of Women Healthy Living Classes at St. Luke's.

Whatever your interest, St. Luke's has something to offer!

Save the Date: Special St. Luke's Spirit of Women Events

Register today: Call 314-542-4848 or visit www.stlukes-stl.com.

Legally Blonde

Thursday, January 22, 2009; show begins at 8 p.m.

Location: The Fabulous Fox Theatre

Spirit members are invited to join St. Luke's physicians for a fun evening. Our group will board a bus at the Desloge Outpatient Center at 6:30 p.m. and head to the Fox Theatre.

Limited tickets are available, so register soon! Tickets are \$65 each and include transportation and light snacks.

Girl Talk

Saturday, January 24, 2009

1 to 4 p.m.

Location: St. Luke's Institute for Health Education

This annual free event for mothers and daughters ages 11 and older includes a physician panel discussion and information on nutrition, exercise and healthy communication skills for life.



St. Luke's Day of Dance[®]

Saturday, February 28, 2009

9 a.m. to 12:30 p.m.

(Screenings begin at 8:30 a.m.)

Location: Frontenac Hilton

For the first time, Day of Dance comes to St. Louis! This free special event will help you and your family take action for your health by participating in fun, engaging and interactive dance sessions with local dancers. Experience captivating artistry from the nationally renowned Kansas City Ballet and gain valuable insight on health-related information from St. Luke's physicians and health educators.

Screenings available:

- Blood pressure
- Body mass index
- Bone density
- Cholesterol and glucose (Fee)



Our specialty is you.

**Over 30
Reward
Partner
Discounts
Available to
Spirit Members**

Show your purple key tag and save! The Spirit of Women membership program offers you discounts to over 30 area retailers and services. Check the updated discount list at www.stlukes-stl.com/spirit_of_women/discounts/html.

New Spirit Reward Partners include:

- Art Trends Gallery
- Denmark Travel
- Handyman Matters
- The Dancing Yogi
- St. Louis Cosmetic Surgery and Medical Sap
- West County Ophthalmology Optical Shop

Give Yourself a Gift This Holiday Season

Special St. Luke's Therapy Services Offers for Spirit Members

Personal Training

Treat yourself to a customized fitness plan. Members receive 10% off two consultations with a personal trainer at our new fitness center, located in the Desloge Outpatient Center. Regular price: \$55.

One-hour Therapeutic Massage

Relieve your holiday stress or pamper someone on your holiday gift list. Members receive 10% off of a one-hour massage with a licensed massage therapist. Regular price: \$60.

For more information on these special member offers, call St. Luke's Therapy Services at 314-542-4800.



First Annual Spirit Girls' Night Out Receives Rave Reviews

On October 16, over 200 women attended the first Spirit Girls' Night Out event and enjoyed an informative, fun evening with St. Luke's physicians and guest host Victoria Babu. We want to recognize our Spirit Reward Partners who helped with activities to make the evening fun for all: Creve Coeur Camera, Dream Dinners, The Face & The Body Day Spa, Curves and Lori Coulter Made-to-Order Swimwear.



Beauty Basics

Secrets of Beautiful Hair



Hair experts and medical professionals agree on one thing: beautiful hair is a sign of good health.

- Make sure you eat well. Include plenty of green leafy vegetables and foods with vitamins E and C, as well as zinc, in your diet.

- Hair can broadcast your stress level to the world by being dry, lifeless, or slow growing.

Hair loss can also be attributed to stress.

Take the time to relax daily. Make “mini scalp massages” at your desk a daily ritual. Once a week, take the time to do a hot oil scalp massage, for relaxation and to stimulate healthy hair follicles.

- Winterize your hair by massaging in your favorite rich conditioner and wrapping your hair in a towel for an hour. Rinse.
- Don't overwash your tresses. Natural oils contribute to healthy scalp and all over shine. Experts recommend no more than 3 times per week.
- Remember the wisdom of the ages and brush hair at night. Brush slowly in all directions. Brush for several minutes.

Delicious Dieting

Banana Latte Smoothie



- 1 cup low-fat milk
- 3/4 cup coffee, chilled
- 2 bananas
- 6 ice cubes, crushed

Combine ingredients; blend until smooth.

Want to try your own smoothie? Keep it light with these two tips:

Canned fruit is good; fresh fruit is better. Many canned fruits are soaked in corn syrup, which preserves the color and shape of the fruit but adds unnecessary calories. Fresh fruit is your best bet. No time to shop every week? Try frozen.

Goodbye sugar, hello honey! Honey is a natural sweetener full of antioxidants. Add a tablespoon of this thick goodness, and let the blender take care of the rest.



Did You Know...

Heart disease is the number 1 killer of women in America today and St. Louis has one of the nation's highest rates of heart-related deaths.

The St. Luke's Hospital HeartAware™ assessment is designed to identify early warning signs of heart disease in a confidential, seven-minute online test.

Answer a few simple questions, and see if you need further screening.

Why wonder?

You could know.

Take our free, online HeartAware™ test today at www.stlukes-stl.com. Questions? Call 314-542-4848.

