

# Free Women's Health Membership

Southwest General Health Center invites you to join its **Seasons of a Woman's Life Membership** Program. It's absolutely FREE. The Seasons Membership Program has been created to provide women of all ages with health and fitness information, opportunities to take time for themselves and a chance to enjoy a little time to focus on their health and well-being. Throughout the year, you'll be invited to a variety of events, from wine tastings and/or health screenings to our annual Seasons of a Woman's Life signature event.

Your FREE Seasons Membership will provide you with:

- **A monthly e-blast** that includes physician health tips and fitness, nutrition and lifestyle information.
- **Invitation to Free events**
- **Invitation to Free health screenings**

Why a free membership? At Southwest General, we care about the health of our communities and we recognize that by taking care of the women in our lives, we can help take care of all of us.

Ready to sign up? It's easy. Choose from one of three ways:

1. Complete the registration form below and mail it to:  
Karen Raisch-Siegel  
c/o LifeWorks of Southwest General  
7390 Old Oak Blvd.  
Middleburg Hts., Ohio 44130
2. Complete a registration form online at [www.swgeneral.com/seasonsmembership.aspx](http://www.swgeneral.com/seasonsmembership.aspx)
3. Complete the form below and fax it to Karen at 440-816-4201, or e-mail her at [Kraisch-siegel@swgeneral.com](mailto:Kraisch-siegel@swgeneral.com).

For additional questions, call us at 440-816-4210.

Name \_\_\_\_\_ Birth Month/Year \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



**Southwest General**  
Comprehensive Women's Health Care

*...For Every Season of Her Life*