“Get Your Pink On” at North Hawaii Community Hospital’s 13th Annual Girls Night Out

KAMUELA, HI – North Hawai‘i Community Hospital (NHCH) invites women of all ages to their 13th Annual Girls Night Out event on Friday, October 11th, 2013, from 6:00 p.m. to 9:00 p.m. at Kanu o ka ‘Aina New Century Public Charter School in Kamuela, HI. October is National Breast Cancer Awareness Month, and NHCH’s Girls Night Out helps keep the women in North Hawaii healthy, happy and informed. This year’s theme is “Get Your Pink On.”

“Girls Night Out offers women in our community the opportunity to learn about breast cancer and enjoy a fun, free evening with friends,” says Laurie Edmondson, NHCH Event Coordinator. “This event strives to fulfill the hospital’s mission: to improve the health status of the people of North Hawai‘i by improving access to care and providing high quality services at a reasonable cost,” continues Edmondson. Girls Night Out is one of two annual community outreach events held by NHCH; the other event is Senior Health Fair, held in May to support National Senior Health and Fitness Day.

Women will enjoy a fun and educational trade show by local resources and businesses, including massage, hair styling, manicures, make-up, energy work and acupuncture. Several booths will offer items for sale, including jewelry, make-up, and more. Women will also be treated to complimentary dinner, breast cancer bingo, silent auction and door prizes. A variety of women’s health and wellness information will also be provided to Girls Night Out attendees by: West Hawaii Mediation Center, bone density screenings and flu shots by Foodland, NHCH’s Rehabilitation Services, NHCH’s Waimea Women’s Center and NHCH’s Breast Health Program.
Last year NHCH upgraded their Breast Health Program, which offers patients access to the latest cutting-edge technology, a more comfortable experience, faster image analysis and on-going support, in coordination with Hawaii’s new mammography self-referral law. Thanks to a new Hawai‘i state law which took effect on July 1st of last year, for the first time ever women over the age of 40 have the right and ability to choose when, where and with whom they’d like to schedule their annual breast-screening exam, without a referral from their primary care physician. Early detection is key in treating breast cancer, and annual mammography can help detect breast tumors at their earliest, most treatable stages.

Kanu o ka ‘Aina New Century Public Charter School is located at 64-1043 Hi‘iaka Street, Kamuela, HI. For more information about NHCH’s Girls Night, please visit [www.NHCH.com](http://www.NHCH.com) or contact NHCH’s Event Coordinator, Laurie Edmondson at [Laurie.Edmondson@NHCH.com](mailto:Laurie.Edmondson@NHCH.com) or 881-4425. To take advantage of Hawaii’s new self-referral process and NHCH’s new Breast Health Program, please call NHCH’s Imaging Department at 881-4882 to schedule your annual mammogram.

**NHCH Background:** North Hawaii Community Hospital (NHCH) is a rural 33-bed acute care hospital located in Kamuela, on the Big Island of Hawaii. Non-profit, community owned and locally governed, the hospital opened in May 1996 and cares for Big Island residents and visitors. NHCH offers an extensive set of hospital services that are centered on patient needs, creating a healing experience for the whole person – mind, body and spirit.