



KIRKLAND, WASHINGTON

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For Immediate Release

THE HEATHMAN HOTEL PARTNERS WITH EVERGREEN HOSPITAL MEDICAL CENTER TO HOST WELLNESS SEMINAR ON HOW TO “MAKE THE TIME FOR JOY”

Kirkland, Wash. – Jan. 11, 2010 – In an effort to bring its guests and community the latest medical information and health tips, The Heathman Hotel and its Penterra Spa have partnered with Evergreen Hospital Medical Center for a Saturday wellness seminar on Jan. 30, 10 a.m. – 2 p.m. The seminar will feature Dr. Monique Giroux, medical director for Evergreen Hospital’s Booth Gardner Parkinson’s Care Center, and Donna Oiland, co-author of Creating a Legacy and a member of Evergreen Hospital’s Spiritual Health Department. Giroux will present a speech on how to “Define Your Wellness” and Oiland will lecture on “Gratitude - The Power of Thanks.”

Along with the two keynote presentations, Oiland will speak about the importance of keeping a journal on the quest for joy during her presentation, “Journaling: Creating a Legacy.” Tangerine Travel will educate participants on finding joy through traveling by “Creating Your Wellness Retreat.” Additionally, Penterra Spa will be offering a spa experience to participants in the relaxing “Sanctuary” room and Studio Be Yoga will be hosting a hands-on yoga experience.

“Penterra Spa was named for the full sensory experience it offers, making it the ultimate setting to host ongoing community wellness events and workshops,” Tita Lee said, manager of Penterra Spa at The Heathman Hotel in Kirkland. “We’re delighted to present guests and area residents with these collaborative events that combine doctors, health professionals, and other interests in a non clinical, comfortable space.”

Wellness Seminar with Evergreen Hospital Medical Center at The Heathman Hotel

The Heathman Hotel - 220 Kirkland Avenue, Kirkland; (425) 284-5800

Admission \$25 (with refreshments and lunch).

RSVP with the Evergreen Healthline at (425) 899-3000 to attend or visit

www.evergreenhealthcare.org/classes

About Evergreen Hospital Medical Center

Evergreen Hospital Medical Center has 227 beds and is the heart of Evergreen Healthcare that includes medical groups, home care, hospice and many other services

and community health outreach programs. Since opening our doors in 1972, Evergreen's patient and family-centered philosophy, combined with our commitment to advancing medical solutions, has enabled us to provide people with exceptional care. Evergreen serves more than 400,000 residents throughout north King and south Snohomish counties. More than 800 physicians, representing over 50 specialties, provide clinical excellence in all major services including cardiac, neuroscience, oncology, surgery and maternity care at Evergreen Hospital Medical Center. For more information, visit <http://www.evergreenhealthcare.org>.

About The Heathman Hotel

The Heathman Hotel in Kirkland located on Seattle's eastside provides guests with the ultimate in gracious service in an ambience of understated elegance and comfort. The property has garnered the AAA of Washington Four Diamond Award®, an indicator of excellence which promises travelers an unparalleled lodging experience. The Heathman Hotel features 91 classic guest rooms and suites; the 5,000-square-foot **Penterra Spa**, complete with a sanctuary room, individualized treatment spaces and deluxe fitness center; 2,500 square-feet of meeting and event space; and **Trellis**, a 90-seat wine country inspired restaurant and bar helmed by Chef Brian Scheehser. Trellis' rustic, robust menu evolves with the seasons, often featuring items from Scheehser's own five-acre farm. For reservations and information, visit <http://heathmankirkland.com/> or call (425) 284-5800 / (866) 997-5475.