

Cherokee Regional Medical Center
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PRESS RELEASE

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CRMC to Host “*Living 4:13 with Ben Carstens*” Dinner Program Free Event Slated for November 7 at 6:00 p.m.

Cherokee Regional Medical Center is pleased to announce the offering of an informative presentation and dinner event titled “*Living 4:13 with Ben Carstens*” on Thursday, November 7, beginning at 6:00 p.m. The event will be held in the CRMC 1st Floor Conference Room and is free and open to the public. A healthy meal will be served.

Ben is a 1997 graduate of River Valley High School in Correctionville, Iowa, and the former sports editor of the Chronicle Times in Cherokee. In the last three years, Ben has lost 200 pounds through a new lifestyle of health, fitness and faith.

“I’m excited to come to Cherokee and share my story with a community that played a big part in my life for such a long time. Cherokee Regional Medical Center has taken care of my family for years and I am honored that they’ve invited me to come,” claimed Carstens.

“*Living 4:13 with Ben Carstens*” is an opportunity to hear about Ben’s journey from being a 420-pound unhappy, unhealthy, diabetic man to the happy and healthy life he lives today. Ben will discuss the highs and lows along the way, the mindset needed to overcome any obstacle and the faith that guided him throughout.

He’ll also reveal his six steps to sustaining a healthy life and take questions from those in attendance. It’s a story of redemption and hope in which anyone from any walk of life can benefit.

“I’m looking forward to seeing a lot of familiar faces in November. A solid support system is key to living a healthy and happy life and I’ve always felt that support in Cherokee. The support from friends and family in the area was critical to the success I experienced when I decided to change my life. I hope to offer the same support to everyone in attendance,” said Carstens.

Carstens lives in West Des Moines, Iowa, where he works as a writer and motivational speaker. He is also founder of the Uncle Ben 5K Run/Walk, the event raised close to \$10,000 in the summer of 2013 for area elementary schools' fitness equipment. You can read more about Ben's journey at www.bencarstens.com.

Pre-registration for this event is required as space is limited. Please call 712.225.3368 ext. 200 by Monday, November 4, to RSVP.



Photo 1- Carstens has enjoyed sharing his story by speaking to various groups in Des Moines and other communities. He has also been featured on MSN's fitness website, fitbie.com, in the Des Moines Register and various other media outlets. He will share his story at a free dinner event at Cherokee Regional Medical Center on November 7 starting at 6:00 p.m.



Photo 2- Ben sitting among nearly 300 clothing items that he accumulated during his 200 pound plus weight loss transformation. Rather than selling the clothes, Ben decided to donate them to Central Iowa Shelter and Services to help those in need. He hopes to inspire change by sharing his story.