



**FOR IMMEDIATE RELEASE**

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**Clinic Sofia Launches Online Resource Devoted to Women's Health**  
*Community web site offers network of support to empower women as advocates  
for their own health.*

MINNEAPOLIS—(Oct. 20, 2010) Clinic Sofia, an Edina-based OB-Gyn clinic dedicated to meeting the unique needs of women, announces the launch of an online community where women can discuss their health issues and get insight from Clinic Sofia staff as well as other women. The social networking site, the first of its kind from a local healthcare provider, allows women to ask questions, share their experiences, start a discussion and connect with other women going through similar life phases, from early womanhood to menopause and beyond.

“At Clinic Sofia, we empower women with information, tools and the support they need to take care of themselves,” said Dr. Donna Block, founder of Clinic Sofia. “With our new online community, we wanted to create a safe place where women can feel comfortable asking questions related to their health and well-being and have the opportunity to talk with other women about their experiences.”

Users who register at [www.ClinicSofia.com/community](http://www.ClinicSofia.com/community) can view and contribute to discussions related to women's health, including pregnancy, gynecology, finances, fitness, mind, body and spirit.

“The site is an evolution of Clinic Sofia's mission to provide complete healthcare for women and be advocates for their body, mind and soul,” said Dr. Block. “We believe that if we help women maintain their health and happiness, they will have a positive impact on their own families and businesses and create a stronger community overall.”

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Clinic Sofia, serving thousands of patients, was recently ranked number one for overall customer satisfaction in a survey by Fairview Physician Associates.

### **About Clinic Sofia**

Clinic Sofia is a leading OB-Gyn clinic that provides full-circle healthcare for women. Based in Edina, the clinic uses Fairview Southdale for labor, delivery and surgical procedures. The clinic's name is inspired by the Greek goddess Sophia, who is a symbol of women's wisdom, life stages, fertility, monthly cycles and nurturing. Staffed completely by women, Clinic Sofia uses the intuitive arts of observation, listening and communication in addition to the medical expertise in the areas of obstetrics and gynecology to meet the complete health needs of women.

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