

# Hospital Readout

## Love Your Heart Day at ERH

Steven Kelley, C.E.O., and the staff at *Ellenville Regional Hospital* invite you to join them on Valentine's Day for their 5<sup>th</sup> annual *Love Your Heart Day*.

The festivities will be held on **Monday, February 14<sup>th</sup>** from **10:00 AM to 12:00 Noon** at *Ellenville Regional Hospital*.

As part of the *Love Your Heart Day* events, the *Hospital* will be offering blood pressure screenings, glucose screenings, heart healthy food, massages, CPR demonstrations, a lecture series, and much more. All events are being offered free to the public.

The lectures series will include discussions on Common Cardiac Illness, Cholesterol Management, and How to Better Understand Your Heart. Lecturers will include Dr. Brooks Mirrer, Cardiologist, and Theresa Marcel, Physical Therapy Manager.

"I am looking forward to welcoming the community back to the *Hospital* again this year for our *Love Your Heart Day* event. I encourage everyone to take advantage of the free screenings and educational opportunities being offered," said Kelley.

For further information about *Love Your Heart Day*, please contact Debbie Briggs at **647-6400 ext. 286**. 



Shirley Kunst, ERH Employee, registering participants for the free blood pressure and glucose screenings at the 2004 event.

## Stay Calm When the Pressure's On

*Ellenville Regional Hospital* is proud to host *The Art of Living Course*, presented by White Rabbit Resources.

The course will be held from March 4<sup>th</sup> – March 7<sup>th</sup> at *Ellenville Regional Hospital*.

The Art of Living breathing techniques, meditation, and yoga have helped many around the world and empowered them with calmness and joy. It is based on ancient knowledge of the healing power of breath, adapted to the needs of modern life.

The cost for the full course is \$250 (\$125 for public health employees). However, if you are unable to pay the full amount, a reduced fee is acceptable.

Call today if you would like to reduce stress, improve your health and wellness, increase your physical energy, and improve your concentration!

For information, or to register for the course, contact Mary Elliot at 340-1065 from **10:00 AM – 12 Noon**, or from **5:00 – 9:00 PM**. 



Ellenville Regional Hospital and the Family Practice Center of Ellenville united to sponsor a presentation by Dr. Marc Rosenblatt, Psychiatrist and Pain Management Specialist, on the topic of "Back Pain Management" on January 18<sup>th</sup>. The presentation, which was held at Ellenville Regional Hospital, was open to the public. About 40 persons attended. Lunch was served following the presentation.

**COOMBE,  
& BENDER  
COMPANY**

*Creating and Preserving Estates*

Investment Advisors

**Philip Coombe III, CFP**

P.O. Box 333 • 6872 Route 209  
Wawarsing, NY 12489  
(845) 647-8993 • Fax (845) 647-7259  
(800) 4 COOMBE



ShopRite Plaza  
Ellenville, New York

(845) 647-5808  
(845) 647-FOOD

**Golden Builders**  
"The last call you'll need to make"

New Construction • Renovations • Decks  
Roof & Complete Site Work

PO Box 357 • Napanoch, NY 12458

Mike Mansfield  
845-647-7260

Fax # (845) 647-2757