

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 5th annual *Love Your Heart Day*.

The festivities will be held on **Monday, February 14th** 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 4th – March 7th 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 18th. The presentation, which was held at Ellenville Regional Hospital, was open to the public. About 40 persons attended. Lunch was served following the presentation.



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