

**Ukiah Valley
Medical Center**

Marketing/Development
275 Hospital Drive
Ukiah, CA 95482
Phone: 707-463-7606
Fax: 707-463-7384

FOR IMMEDIATE RELEASE

MEDIA CONTACT: Jarrod McNaughton, Director, Marketing & Development
707-463-7606

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Local Hospital Celebrates Heart Month

In addition to Valentine's Day, February is celebrated as National Heart Month and National Cardiac Rehabilitation Week. To celebrate the healing care cardiac patients have received through UVMC's Cardiac Rehab Program and the Cardiac Support Group, the hospital will be hosting an event in their honor. The special program will be held on Tuesday, February 8 from Noon to 2:00 pm in the Glenn Miller conference room at UVMC.

Cardiologist Dr John Bagshaw will be reviewing the latest advancements in Cardiology and treatment for Heart Disease. Refreshments will be served along with free heart risk factor information.

According to UVMC's Cardiac Rehab Supervisor Joyce Accola, the event is also open to the public and employees, "We hope the community will take advantage of the valuable information available."

According to the American Heart Association, Heart Disease is the number 1 single cause of death in the United States. 60.8 million Americans have some form of Cardiovascular Disease, ranging from congenital heart defects to high blood pressure and hardening of the arteries. UVMC's Cardiac Rehabilitation Department serves as a major hub of information and education for families fighting Heart Disease and other Cardiovascular Diseases.

For more information about this FREE event, call UVMC' Cardiac Rehabilitation Department at 463-7548.

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Ukiah Valley Medical Center is a member of Adventist Health, a not-for-profit health care system affiliated with the Seventh-day Adventist Church, with headquarters in Roseville, California. Spanning California, Hawaii, Oregon and Washington, the organization is comprised of 85 distinct business units, including 20 acute care facilities—controlled, managed or leased—with more than 3,100 beds, 17,200 employees, numerous clinics and outpatient facilities, 18 home health agencies and two retirement centers. For more information, visit www.uvmc.org or www.adventisthealth.org.