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For Immediate Release

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Connellsville, PA - Congressman John P. Murtha will be rededicating the Wellness Center at Highlands Hospital on Tuesday, August 22. A ribbon cutting ceremony is slated for 11:45 a.m. Refreshments will be served. Since the center opened three years ago new awnings, windows, sidewalks and landscaping have been added.

"With its rural setting and its high incidence of diabetes, Fayette County needs these types of user-friendly, educational diabetes programs," Murtha said. "Educating patients about proper diet and exercise gives them an opportunity to learn how to control their glucose levels. Managing this disease can save lives, ease suffering and relieve some of the economic burden of dealing with its complications."

This day has been set aside for guests to come and utilize the beautiful fitness center and enjoy a free day of exercise. Other fitness-related activities available to the public will include, an Exercise Physiologist to answer questions involving exercise programs. In addition, a Registered Dietitian will be providing nutritional information. Massage Therapists will be administering free mini chair massages, a Yoga Instructor will perform demonstrations and members of the Medical Staff, Dr. William Kozak and Dr. Steven Perry, will be available to meet members of the community and answer any medical questions.

In recognition of Congressman Murtha's ongoing efforts to prevent diabetes, a "Know Your Healthy Steps Diabetes Program" will be presented throughout the day. Anyone attending the program will receive a free pedometer and a "Guide to Better Diabetic Management."

Everyone is invited to join Congressman Murtha in this all day rededication celebration beginning at 6:00 a.m. and concluding at 8:00 p.m. Highlands Hospital is hosting this day in conjunction with the PRIDE Program, a partnership with the University of Pittsburgh Diabetes Institute.

In addition, Diabetes Programs will be offered throughout the month of August, including the regular monthly Diabetes Self-Management and Support Groups, there will also be Retinal and Foot Screenings held on August 15 and 17 respectively from 2:00 to 5:30 p.m. Diabetics, Pre-Diabetics and the general public are encouraged to participate. Highlands Hospital provides these programs to promote education and enlighten awareness that exercise can lower glucose levels in Diabetics. For questions or information, please contact Pat McKissock, Certified Diabetic Educator at 724-626-2216.