
VHS AND VRS COMMEMORATE FEBRUARY HEART MONTH

FOR IMMEDIATE RELEASE

February 13, 2020

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Herkimer, NY – In commemoration of February, Heart Month, Valley Health and Residential Services will host programs at 690 West German Street, Herkimer and 323 Pine Grove Road, Herkimer on Monday and Tuesday, February 24 and 25, 2020.

Valley Residential Services {VRS} will host Life's Simple 7 during an February Open House at VRS on Monday, February 24, 2020, from 1 p.m. to 3 p.m. Life's Simple 7, as defined by the American Heart Association, are the risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health. The seven health behaviors ~managing blood pressure, controlling cholesterol, reducing blood sugar, getting active, eating better, losing weight and quitting smoking ~ will be stations represented by health and wellness professionals that will share resources and tips for heart healthy living. While at VRS, you are welcome to tour our beautiful independent living apartments and meet with staff during the Open House portion of the event.

On Tuesday, February 25, 2020, from 11 a.m. to 2 p.m., in Valley Health Services' ground floor lobby, please join our health and wellness professionals for more heart healthy tips, sample healthy snacks and beverages and/or have your blood pressure checked.

Making small changes every day can add up to big improvements in overall health. Join us in commemoration of February, Heart Month, at both Valley Health and Valley Residential Services for a multitude of resources for a healthier lifestyle! Even with modest improvements, you can make a big difference for achieving ideal cardiovascular health.

For questions regarding these programs, please contact Connie at Valley Health Services' Community Relations and Fund Development department, at {315} 866-3330 ext. 2329. These events are free and open to the public.

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About Valley Residential Services

Valley Residential Services (VRS) provides Enriched Housing and an Assisted Living Program for those 62 years of age or older. Located in East Herkimer, VRS offers care-free senior living with the necessary support services to allow residents to retain independence within their community without the hassles of home ownership.

About Bassett Healthcare Network

Bassett Healthcare Network is an integrated health system that provides care and services to people living in a 5,600 square mile region in Upstate New York. The organization includes six corporately affiliated hospitals, over two dozen community-based health centers, 20 school-based health centers, two skill nursing facilities, including Valley Health Services in Herkimer, and other health partners in related fields. Bassett Medical Center, the foundation of the network, is a 180-bed acute care inpatient teaching hospital located in Cooperstown, NY. To learn more about services available throughout the Bassett Healthcare Network, visit www.bassett.org. Follow Bassett on Facebook and Twitter at facebook.com/Bassett.Network and twitter.com/BassettNetwork.