

**NEWS RELEASE
RELEASE**

FOR IMMEDIATE

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**Asbury Heights Hosts *Hand In Hand* Education Series for
Community**

Feb. 11, 2010, Mt. Lebanon, Pa.--Asbury Heights invites the public to *Hand in Hand*, **monthly informational sessions** focusing on the health and well-being of aging community members and their loved ones. The **free sessions will be held at 6 p.m. at Asbury Heights**, 700 Bower Hill Rd. in Mt. Lebanon. A light supper will be served. **Reservations are required; call 412-360-9086.** This quarter's schedule of events is as follows:

February 23

Being Heart Healthy

Presented by Gallagher Home Health Services

An overview of prevention methods, symptoms and treatment of different types of heart disease will be followed by an "Ask the Nurse" segment. Free blood pressure screenings and raffle.

RSVP by February 15.

March 25

If I Am What I Do, Where Did I Go?

Presented by Pittsburgh BrightStar

What happens when someone can no longer define himself by a professional title or the activity she once enjoyed? Learn how to create a sense of purpose and accomplishment in the lives of those living with memory impairments.

RSVP by March 18.

April 22

Feels Like Home to Me

Presented by Grane Hospice

Find out which retirement community is right for your loved ones or you. Learn about the types of residences, the regulations and criteria for each and the insurance and financial differences.

RSVP by April 22.

Later sessions include:

May 20: Advance Directives and Funeral Pre-planning

June 3: The Latest Scams

June 24: Hospice and End of Life Care
July 22: Dementia: Separating Fact from Fiction
August 26: Pain Management and Non-pharmacological Pain Therapy
September 23: Medicare and You
October 28: Depression and Emotional Well-being
November 18: Laughter is the Best Medicine
December 16: Chronic Illnesses in the Elderly

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