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For Immediate Release

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**Merrimack Valley Hospital Hosts Free Medical Seminar
“Changes in Memory and Normal Aging”**

Haverhill, MA —Merrimack Valley Hospital is offering a free “Meet the Expert” medical seminar at the Haverhill YMCA on September 24 from 6pm-7pm. The seminar, presented by Buck Woo, Ph.D., will focus on changes in memory and normal aging. The key focus of the presentation will be on normal forgetting, normal aging with medical problems such as heart disease, stroke, diabetes, and respiratory disease, associated cognitive changes with aging, verbal vs. visual memory, and at risk populations. This event is free and open to the public. A 1.0 contact hour will be awarded to health care professionals at the completion of the presentation. Registration is required by calling 978-420-1157 or by email to mary.oneil@merrimackvalleyhospital.com. Light refreshments will be served.

“Meet the Expert” is a series of medical presentations offered at both Merrimack Valley Hospital and the Haverhill YMCA throughout the fall and winter months. On October 14 at the YMCA location, Yuliya Mandel, MD will present “Obesity and the Body.” On October 23 Kathryn Hughes, MD will recognize breast cancer awareness month at the Merrimack Valley Hospital location with “What is Breast Cancer Awareness-an open discussion about tests, treatments, and options for women.”

Merrimack Valley Hospital and the Haverhill YMCA are offering “Meet the Expert” medical seminars as part of their on-going commitment to build a healthier community. “Merrimack Valley Hospital has always been very supportive of the Haverhill YMCA. In the fall they were the sole sponsor of our youth basketball program and now they are bringing educational programs to the Y. We are very excited to partner with them in this way,” stated YMCA’s Executive Director Tracey Fuller. The Haverhill YMCA is located at 81 Winter Street in Haverhill.

About Merrimack Valley Hospital

Merrimack Valley Hospital maintains 108 acute care bed and 17 adult behavioral medicine beds; all are private rooms. The hospital's clinical strengths include a 24-hour emergency department; orthopedic, endoscopic and general surgery; adult behavioral medicine care with a focus on geriatric issues. MVH also provides a wide range of outpatient services, such as surgical day care; x-rays; MRI exams; PET-Scans; 64-Slice CT Scans; digital mammography; bone density testing; dysphasia testing; nuclear medicine; and physical therapy.

The hospital's awards for excellence include the Excellence Through Insight Award, 2008 (HealthStream Research); #1 Nursing Team in New England Award, 2003 (Advance for Nursing Magazine); National Quality Leader Award for Pneumonia Care, 2006 (CareScience Select Practice); High Reliability Cardiac Care Award, 2006 (MassPRO); Top 100 Best Acute Care Hospital Award, 2004 (Total Benchmark Solutions); and Top Ranked Community Value Provider Award, 2007 (Cleverley & Associates). An affiliate of Essent Healthcare, Inc., the hospital serves Merrimack Valley and southern New Hampshire. More information can be found at www.merrimackvalleyhospital.com.

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