



A New Day. A New Vision for the Valley.

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Wellness Coach to Offer a Free Hour of Hypnotherapy at Merrimack Valley Hospital

Dec. 4, 2009—Hypnotherapist Addie Kania will be at Merrimack Valley Hospital on Thursday, Dec.10 to offer a free hour of hypnotherapy to hospital employees as well as members of the community.

Kania, who has been featured on Boston radio, Cable TV and in print., will teach attendees relaxation techniques, self-hypnosis and the heart breath, She will also help attendees enjoy a group guided-imagery and hypnosis session to recharge their lives. “During this holiday season, give yourself the gift of relaxation. It is a gift that will keep on giving,” says Kania.

The session, which is part of Merrimack Valley Hospital’s Wellness Initiative, will be held in the hospital’s first-floor auditorium from 12:30 to 1:30 pm. The session is free but space is limited. To register please call Yinelle at 978 521-8150.

Merrimack Valley Hospital is located at 140 Lincoln Avenue in Haverhill. For more information call Yinelle at 978-521-8150.

About Merrimack Valley Hospital:

Merrimack Valley Hospital maintains 107 acute care beds 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, a comprehensive Pain Management Center, and a Sleep Study Lab. MVH also provides a wide range of outpatient services, such as bone density testing; dysphasia testing; echocardiograms; electroencephalograms (EEG); electromyography (EMG); full-field digital mammography; magnetic resonance imaging (MRI); positron emission tomography (PET-Scan); pulmonary function testing(PFT); nuclear medicine; surgical day care; ultrasound (general & obstetrical); physical therapy; x-rays; and 64-Slice CT scans.

The hospital’s awards for excellence include the Excellence Through Insight Award, 2008 (HealthStream Research); Best in Value Hospitals, 2008 (Data Advantage); #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.