



**Merrimack
Valley
Hospital**

A New Day. A New Vision for the Valley.

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Merrimack Valley Hospital to hold seminar on how to achieve financial success

June 18, 2009-Haverhill- Merrimack Valley Hospital will hold the seminar *Financial Management: Six Steps to Financial Success* on Thursday, June 25.

Attendees will learn how to estimate the amount of life insurance they really need; the true cost of credit card debt; three critical components of a sound investment plan; steps to help manage taxes; how to calculate money for retirement; and important estate conservation strategies.

Met Life Financial Planner Madelyn Anusbigian will present her seminar twice on June 25. The first session begins at noon and ends at 12:45 p.m. The second session begins at 4 p.m. and ends at 5:30 p.m. because it covers all the information from the noon seminar, plus a workbook section. Both sessions are in the hospital auditorium located on the first floor.

This free presentation is part of the Merrimack Valley Hospital Wellness Program which helps employees live healthier lives. All seminars for employees are also open to the public, but registration is necessary. To register, please call Yinelle at 978 521-8150.

Other ongoing wellness events at the hospital include a 20-minute walking group which meets Monday, Wednesday and Friday at noon at the Lincoln Street entrance; Hoop fitness, weather permitting on June 18 and 23 at noon outside on the Lincoln Avenue side of the hospital; and yoga from 5:45 -7:15 on Wednesdays in the hospital auditorium. Yoga is free for hospital employees and \$5 for the general public.

Merrimack Valley Hospital is located at 140 Lincoln Avenue in Haverhill.

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.

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