



News
For Immediate Release

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**Verdugo Hills Hospital and Glendale Adventist Medical Center
to Combine Cardiac Rehab Services**

(GLENDALE, CA – June 16, 2008) – Effective July 7, Verdugo Hills Hospital (VHH) will be welcoming cardiac rehabilitation patients from Glendale Adventist Medical Center (GAMC) to use VHH’s cardiac rehab facilities.

“We are pleased to join with Glendale Adventist Medical Center in this cooperative effort for the benefit of the patient communities we serve,” said Len LaBella, VHH President and CEO.

An Open House is scheduled for June 24, from 2 – 4 p.m., at VHH’s cardiac rehab gym. During the Open House, cardiac rehab patients will have an opportunity to meet new exercise friends and talk with physicians, exercise physiologists and staff from both hospitals.

“We are looking forward to extending the excellent services of our Cardiac Rehab Department to the patients and clients of Glendale Adventist Medical Center,” said Laura Knowles, Director of Physical Medicine and Rehabilitation and Cardiac Rehabilitation Services at VHH.

In cooperation with GAMC’s transitioning of their cardiac rehab patients to Verdugo Hills, VHH will extend its hours of service (Monday – Friday, 6:30 a.m. – 6 p.m.). Monitored patients will require an appointment. However, non-monitored patients will not need an appointment – except for their first visit.

The cardiac rehab program includes supervised exercise sessions, nutritional counseling, resistance training/stretching and both personal and group education for patients on such topics as heart healthy eating or reducing stress.

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For more information, please contact the VHH Cardiac Rehab program at 818.952.2229. VHH's Cardiac Rehab gym is located at 1812 Verdugo Blvd., Glendale, CA 91208 (4th floor lobby).

About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted "Foothills' Best Hospital" for 2008 by readers of the *Glendale News-Press* for the fifth consecutive year. Several VHH medical staff members have also earned the title of "Foothills' Best": Drs. Eric Lee and Joseph Lee, Foothills' Best Cardiologists; Dr. Jane Wada, Foothills' Best Dermatologist; Laurie Flagg, Foothills' Best Nurse; Dr. Ronald Woodard, Foothills' Best Obstetrician/Gynecologist; Dr. Scott Beeve, Foothills' Best Ophthalmologist; Dr. Allan W. Perry (Jr. & Sr.), Foothills' Best Plastic Surgeons; Dr. Brad Aguirre, Foothills' Best Podiatrist; and Dr. William F. Schubert, Foothills' Best Family Physician.

For more information, please visit www.vhhospital.org. For more information about funding initiatives or to support the hospital, please call the Foundation at 818.952.2226.

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