



## Guests Bone up on Bone Health at UHGC

**New Rochelle, NY - (June 11, 2007)** - United Hebrew Geriatric Center (UHGC), a multi-service senior living campus in New Rochelle, NY, recently hosted an educational seminar, *Osteoporosis: Bone up on Bone Health*.

More than 80 people attended the event, which was held at Willow Towers, the assisted living facility at UHGC.

Panelists included Nora O'Brien, Director of Rehabilitation, United Hebrew Geriatric Center, which is part of the Burke Rehabilitation Hospital Network; David K. Bloomgarden, MD, Endocrinologist, Attending Physician, White Plains Hospital Center; and Cecilia Moy, Chief Dietician, Sound Shore Medical Center. Judith Lederman, journalist and author of health and self-help books, moderated the panel.

Panel members discussed tips on osteoporosis prevention and treatment and maintaining bone health through exercise and nutrition.

"Osteoporosis affects close to 44 million Americans, and because it is the 'silent disease,' it is imperative for people to know their options for keeping their bones healthy and strong," said Rita Mabli, UHGC Executive Vice President/CEO.

United Hebrew Geriatric Center is located at 391 Pelham Road, New Rochelle, New York 10805. Willow Towers is located at 355 Pelham Road, New Rochelle. For further information, please contact Linda Forman at 914.632.2804 x 224, e-mail [lforman@uhgc.org](mailto:lforman@uhgc.org), or visit [www.uhgc.org](http://www.uhgc.org).

**About United Hebrew Geriatric Center:** United Hebrew Geriatric Center (UHGC) is a vibrant not-for-profit, non-sectarian, multi-service senior living campus serving the Westchester metropolitan area since 1919. UHGC offers a rich array of skilled and community-based programs and services that encourages and supports a life of dignity and spirituality and promotes the highest possible quality of life. UHGC serves over 600 clients daily in its campus facilities -- Willow Towers, a 126-unit assisted living residence; a 270-bed Nursing Home; the 135-unit Low-Savin Apartments for seniors; a Long Term Home Health Care Program; and the Azor Home Health Agency. Its newest project, the renovation and expansion of its nursing home facility, combines world-class care with state-of-the-art features.

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**Photo - From left to right:** Cecilia Moy, Chief Dietician, Sound Shore Medical Center; Nora O'Brien, Director of Rehabilitation, United Hebrew Geriatric Center; Rita Mabli, UHGC Executive Vice President/CEO; and David K. Bloomgarden, MD, Endocrinologist, Attending Physician, White Plains Hospital Center at the recent seminar, *Osteoporosis: Bone up on Bone Health* at United Hebrew Geriatric Center

