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Willow Towers Assisted Living Holds Health and Wellness Fair

New Rochelle, NY (May 23, 2011) - Willow Towers Assisted Living, *The Beverly and Alfred J. Green Pavilion*, a premier licensed [assisted living](#) facility in Westchester County, New York, recently hosted a health and wellness fair. In partnership with CVS Pharmacy, the fair included information as well as presentations by area health experts.

The health fair participants included Nora O'Brien, Director of Rehabilitation at United Hebrew of New Rochelle, part of the Burke Rehabilitation network. Dr. O'Brien and her team of therapists from Burke, manage the dedicated short-term rehabilitation floor at United Hebrew. United Hebrew's [nursing home](#) and rehabilitation pavilion shares a senior living campus with Willow Towers Assisted Living, allowing Willow Towers residents access to Burke at United Hebrew, nationally recognized experts in the rehabilitation field.

Other participants in the fair were Emma Alava, a pharmacist with the CVS Pharmacy at 309 Main Street in New Rochelle, New York; Samantha Joy Mark, registered dietitian from Shoprite Supermarkets in New Rochelle; Kellie Montagnino of White

Plains Hospital Center; and Dr. Jasen Ruiz, Chief Audiologist from Advanced Audiology.

"Willow Towers is so proud to be partnering with our sponsor, CVS Pharmacy, and our other community partners," said Jean Dunphy, Executive Director of Willow Towers. "It is so important for our residents to get vital health information and education."

Over 60 residents attended the presentations where topics ranged from healthy eating to hearing loss. Everyone was then able to talk to each health care expert at their information tables. Willow Towers staff are committed to providing opportunities for their residents to learn about healthcare resources, as informed residents make better choices.

"I am so happy that I attended the health fair," said Evelyn Levine, a Willow Towers resident, "Everyone who spoke offered new information that will help me stay fit."

Willow Towers is part of United Hebrew of New Rochelle's campus of services, which includes a new [nursing and rehabilitation center](#), [independent living](#) and [home health care](#). Willow Towers Assisted Living residence, a licensed assisted living facility by the New York State Department of Health, is an eight story state-of-the-art residence with a wide array of amenities, including activity rooms, exercise room, putting green, recreation and cultural activities, transportation, a library with internet computers, and an art studio. Willow Towers offers three restaurant-style meals daily, prepared by an experienced chef, daily housekeeping, personal laundry, scheduled transportation to medical appointments, and other services. In addition, residents have access to a beauty salon, barbershop, 24-hour cafe, and a multimedia room. Willow Towers features a two-story glass atrium and dazzling views of the Long Island Sound. Opened in 2003, the not-for-profit community located in New Rochelle offers 126 apartments, from studios to 2 bedroom suites -- 20 of which are in Willow Towers' Phoenix Memory Support Neighborhood.

Willow Towers is located at 355 Pelham Road, New Rochelle, NY 10805; Telephone - 877.636.6565 or 914.636.6565; Fax - 914.636.1890; E-mail: info@willowtowers.com; or visit www.willowtowers.com.

Willow Towers is part of the United Hebrew of New Rochelle campus of services. For more information about United Hebrew contact Linda Forman at 914-632-2804 x1224; website: www.uhgc.org.



L to R - Samantha Joy Mark, Dietician, ShopRite Supermarkets; Kellie Montagnino, Community Outreach, White Plains Hospital Center; Dr. Nora O'Brien, Director of Rehabilitation, United Hebrew of New Rochelle; Emma Alava, Pharmacist, CVS Pharmacy; Dr. Jasen A. Ruiz, Audiologist, Advanced Audiology; Maytha Ramirez, Assistant Director of Recreation, Willow Towers Assisted Living. Willow Towers Assisted Living in New Rochelle, NY recently hosted a health and wellness fair.