

EAST ORANGE GENERAL HOSPITAL TO HOST SUMMER HEALTH EDUCATION SERIES AT YMCA

East Orange, N.J., July 14, 2010 – East Orange General Hospital, Essex County's only independent, fully accredited, acute-care hospital, is pleased to provide the below listed informational health sessions as part of their Summer Health Education Series to be held at the East Orange YMCA. Children and adults are encouraged to attend at no cost.

All sessions will be held from 11:00 a.m. to 12:00 p.m. at the East Orange YMCA, located at 100 North Munn Avenue, East Orange.

Friday, July 16, 2010

"Asthma and Allergies"

Facilitator: Sergio Gonzalez, RRT-NPS
Manager of Respiratory

Friday, July 23, 2010

"Be Your Best Physically During Childhood"
(Physical Health)

Facilitator: Greg Nkwodimmah, BS
Director of Diagnostic Imaging and Cardiovascular
Services

Friday, July 30, 2010

***"The Importance of Balance: Promoting the
Total Wellness of Mind, Body, and Soul"***

(Adolescent behavior health topics)
Facilitator: Ryan Fields, MA, LPC, NCC
Manager of Outpatient Behavioral Health

For more information, please call (973) 672-8400 or