



Verdugo Hills
HOSPITAL

News

For Immediate Release

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**Verdugo Hills Hospital Receives Funding
from the Community Foundation of the Verdugos**

(GLENDALE, CA – December 1, 2008) – Verdugo Hills Hospital (VHH) is pleased to receive funding from the Community Foundation of the Verdugos, which will enable the Hospital to purchase a new treadmill for its Cardiac Rehabilitation & Fitness Center.

VHH's newly expanded cardiac rehab program provides a safe and medically supervised heart-strengthening exercise program personally customized for cardiac and fitness patients. Serving more than 100 patients, the purchase of this new equipment will help accommodate the volume of cardiac rehab patients waiting to exercise.

“This is an upgrade for our medically-managed gym to assist community members in recovering from cardiac events or help seniors improve or maintain their health and fitness,” said Laura Knowles, Director of Physical Medicine and Rehabilitation and Cardiac Rehabilitation Services at VHH.

“The Community Foundation of the Verdugos realizes the important role that Verdugo Hills Hospital plays in providing quality care for residents of our area,” said Edna Karinski, executive director of the Community Foundation of the Verdugos. “Our Board strongly feels that by helping to fund the new treadmill, lasting effects for healing and good health will be experienced for years to come.”

Grants from the Community Foundation of the Verdugos are made possible by the generosity of donors who establish funds or provide gifts which are then invested; the income generated by these invested donations provide the much needed grants that are then dispersed within the community.

If you are interested in sending a donation to help with the purchase of equipment for VHH's cardiac rehab program, please send a check to the Verdugo Hills Hospital Foundation, 1812 Verdugo Blvd. Glendale, CA 91208 or call 818.952.2226. You can also donate online at www.vhhospital.org, click on “online giving” option under the Foundation header.

About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. Hospital features include 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. 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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