

## **MEDIA ADVISORY**

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**An event in honor of American Heart Month ...**

## **SENIOR RESIDENTS ARE JOINED BY THE COMMUNITY TO LEARN HOW TO AVOID HEART DISEASE AT SPRING HILLS SOMERSET ASSISTED LIVING**

**When:** Wednesday, February 17, 2016  
11 a.m.

**Where:** Spring Hills Somerset Assisted Living  
473 Demott Lane  
Somerset, NJ 08873

**What:** It's never too late to live how to live a heart healthy lifestyle. Indra Sooklall, RN, will share the secrets to maintain a healthy heart, some risk factors for heart disease, ways to prevent heart disease and more during "Wellness with Indra" at Spring Hills Somerset Assisted Living. This event is in honor of American Heart Month and the Somerset community has been invited to join the senior residents. Some of the tips that Sooklall will cover include:

- Keep active
- Eat a heart healthy diet (more fruits and vegetables, less salt, limited red meat etc.)
- The more risk factors that can be kept under control, the less likely a heart attack will happen
- Some risks include being overweight, diabetes, smoking, alcohol and more

After her presentation, there will be time for everyone to ask questions. Sooklall is the Director of Resident Care at Spring Hills Somerset Assisted Living.

### **About Spring Hills Somerset Assisted Living:**

The Spring Hills Somerset Assisted Living Community provides premier assisted living and memory care with the finest amenities in the New Brunswick/Somerset County area and is located at 473 Demott Lane in Somerset, NJ 08873. For additional information visit [www.springhillssomerset.com](http://www.springhillssomerset.com) or call 732-301-4438.

### **About Spring Hills Senior Communities:**

All Spring Hills Senior Communities offer a distinctive and innovative approach to luxury senior living and Home Care Services. Signature Touches is the company's approach to offering services that are designed to meet the needs and preferences of residents and clients. Alex Markowits, President/CEO, talks about the importance of each resident and he said, "We strive to create an experience for each resident that demonstrates how much we respect their individuality. Personal choice is our top priority." Recreational programs are interesting and diverse, led by professionals in each of the company's eight communities located in NJ, VA, OH and FL or in their own home. For more information about their commitment to senior living, including information on Spring Hills Home Care Services, visit [www.spring-hills.com](http://www.spring-hills.com).

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