



**March 23, 2010**

**FOR IMMEDIATE RELEASE**

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## **Cottage Hospital and the North Country YMCA Open New Space for Strength Classes**

Woodsville, NH – Cottage Hospital, in conjunction with the North Country YMCA, have relocated Strength Training Classes to a newly renovated space adjacent to the Woodsville Post Offices. “The new street level location will improve accessibility for participants,” says Lori Taylor, Cottage Hospital Exercise Physiologist, who directs the program and modifies it to meet individual needs.

The program benefits include:

- Improved overall strength, balance, energy level and endurance
- Improved basal metabolic rate, which helps burn calories more efficiently
- Increased lean body mass and muscle tone, leading to greater satisfaction with your body
- Improved bone density and flexibility along with decreased risk of falls and bone fractures in the elderly
- A possible positive effect on glucose tolerance and insulin sensitivity
- A greater sense of independence and self-confidence
- An improved sense of well-being

Classes meet twice a week from 1:30-2:30 pm on Mondays and Thursdays. The cost for YMCA Members is \$25 for a 6 week session (12 classes) or \$2.50 per class; Non members pay \$30 for the 6 week session and \$3 per class. For more information, contact Lori Taylor, Cardiac Rehabilitation Manager at Cottage Hospital at (603)747-9325 or Dianne Rappa, Executive Director of NCYMCA at (603)747-3508.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services, visit us on the web at [www.cottagehospital.org](http://www.cottagehospital.org), or call (603)747-9000.

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