



FOR IMMEDIATE RELEASE

March 25, 2019

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**Laughter Is The
Best Medicine**

***Heath Village and Atlantic Health System's New Vitality at
Hackettstown Medical Center host Senior Seminar on the
importance of Laughter***

Washington Township, Morris County – **On Thursday, April 11 at 2:00 p.m.** members of the public are invited to join Heath Village residents for a free senior seminar featuring Susan Stiles, Community Liaison for Atlantic Health System.

Did you know that laughter has been shown to release endorphins into the blood stream that actually keeps people healthier? Join us to learn why this is, and the many other ways laughing benefits our health.

While the event is free; space is limited and reservations are required. To register, or for additional information, please call Heath Village at 908-684-5006 or New Vitality at Hackettstown Medical Center at 844-472-8499.

About Heath Village Retirement Community

Heath Village is a full-service retirement community located at 430 Schooley's Mountain Road in Washington Township, Morris County. For further information, please call 908-852-4801 or visit us on our website at www.heathvillage.com. Like us on Facebook at www.facebook.com/heathvillage.

About Atlantic Health System

Atlantic Health System, headquartered in Morristown, N.J., is an integrated health care delivery system powered by a workforce of more than 16,800 team members and 4,800 affiliated physicians dedicated to building healthier communities. The system serves a population of 5 million, with more than 400 sites of care, including six hospitals: Morristown

Medical Center, Overlook Medical Center, Newton Medical Center, Chilton Medical Center, Hackettstown Medical Center and Goryeb Children's Hospital.

In addition to the employed workforce, Atlantic Alliance, a Clinically Integrated Network represents more than 2,500 health care providers throughout northern and central NJ. This network includes 1,000 physicians and providers within the Atlantic Medical Group, as well as members of the Atlantic Accountable Care Organization and Optimus Healthcare Partners which work to enhance patient care delivery.

Atlantic Health System provides care for the full continuum of health care needs including 12 urgent care centers, Atlantic Rehabilitation and Atlantic Home Care and Hospice. Facilitating the connection between these services on both land and air is the transportation fleet of Atlantic Mobile Health.

Atlantic Health System leads the Healthcare Transformation Consortium, a partnership of seven regional hospitals and health systems dedicated to improving access and affordability and is a founding member of both the PIER Consortium – Partners in Innovation, Education, and Research – a streamlined clinical trial system that will expand access to groundbreaking research across six health systems in New Jersey and Pennsylvania and AllSpire Health Partners, a consortium of five leading health care organizations dedicated to serving patients, families and communities in New Jersey, New York, Maryland and Pennsylvania.