



News Service

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Valley Health System
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Valley Caters to the Busy Woman with Health Screening Events on April 14 and 17

RIDGEWOOD, NJ – March 27 – On Sunday, April 14 and Wednesday, April 17, The Valley Hospital, in cooperation with its *Spirit of Women* health program, will offer "Done in a Day" to help busy women address those important health screenings that often go delayed or ignored due to scheduling difficulties. Women can choose one or more of six health screenings, which include digital breast imaging (mammography), bone density, women's pelvic health, heart health assessment, spine screening, and a nutrition evaluation.

Mammography and bone density screenings require a physician's prescription, and all screenings require appointments. Pelvic health, heart health, spine, and nutrition screenings are offered at no charge. All screenings are performed by nurse practitioners, certified radiology technicians, and other medical professionals. The schedule of screenings is as follows:



Sunday, April 14

7 a.m. – 9 a.m.

9 a.m. – 1:30 p.m.

Heart Health Assessment (requires fasting for 8-10 hours prior)

Mammography, Bone Density, Spine Screening

Wednesday, April 17

5 p.m. – 7:30 p.m.

Mammography, Bone Density, Women's Pelvic Health, Spine Screening, Nutrition Evaluation

Women may register for screening appointments by calling **1-800-VALLEY1 (1-800-825-5391)**. To allow for more than one health screening, our operators will work with women to schedule multiple appointments during the same visit. Some screenings are not available on both dates. You do not need to be a member of the *Spirit of Women* program to participate in these screenings.

For more details on *Spirit of Women*, visit www.ValleyHealth.com/SpiritofWomen or send us an [e-mail](#).

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