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with a personal touch"*

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Happy Valentine's Day

A Valentine's Day That Won't Break The Bank



[8 Great V-Day
Gestures](#)

[Cheap Valentine's
Day](#)

[15 Cheap V-Day
Dates](#)

[Flowers Under
Forty](#)

Greetings!

As we continue to weather the remainder of winter and the current economic downturn, Liberty Healthcare Services would like to extend our heartfelt appreciation for all of your continued support. While the future still holds some uncertainty, we are confident it will be brighter and this storm too shall pass. We at Liberty would like to wish all of you and your loved ones a Happy Valentine's Day.

Regards,

Kevin

Kevin Zepp

President

Liberty Healthcare Services

[V-Day Sales](#)

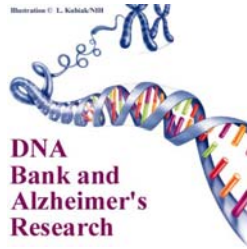
Reminder!

Our next CEU Seminar is Wednesday, February 18, 8:30 am at CareOne at Ewing

To register or for more information please call 609.890.0311 or email

ceu@libertyheathnj.com

DNA & Dementia

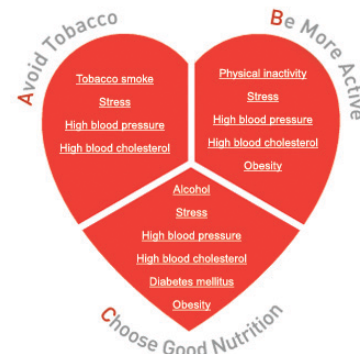


Dr. Marcelle Morrison-Bogorad is director of the neuroscience and neuropsychology of aging program at the National Institute on Aging. In collaboration with the Alzheimer's Association, the institute runs the Alzheimer's Disease Genetics Initiative, which is collecting and banking genetic and cellular material from families in which multiple relatives have late-onset Alzheimer's, the most common form of the disease.

Click [here](#) to read the rest of this New York Times Q&A.

February: American Heart Month

With heart disease, stroke and other fatal heart conditions on the rise, taking care of your most vital organ needs to be your first priority. The articles below will help educate you and contribute to a longer, heart healthy lifestyle.



- Men are from Mars, women are from Venus. Very true, according to this [WebMD article](#) that demonstrates the vast differences in heart attack symptoms between men and women.
- As many doctors warn, diet has a direct effect on the health of your heart. Here are a few [classic recipes](#) with a new, heart healthy make-over to help you make the most of your meals.
- Along with diet, here are an additional [six simple steps](#) that can guide you to heart happiness.

Medicare Drug Plan Could Effect Seniors' Health

American seniors who reach the no-coverage "doughnut hole" in the Medicare Part D drug plan are less likely to use prescription drugs than those with an employer-based plan, a new study finds.

The finding raises concerns about health consequences and increased costs from hospitalizations and doctor visits resulting from this lack of drug coverage, say researchers at the University of Pittsburgh Graduate School of Public Health.

[Click here](#) to read the full article featured on MSN.com.

Winter Blues? Or Something More?

Shorter days and colder nights can effect some people more significantly than others. Seasonal affective disorder (SAD) is common among many people during the long, dark winter months.



[This article](#) touches on the causes, symptoms and treatments of this often overlooked disorder.

Liberty Healthcare Services now has a THIRD location!

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