



2180 Empire Boulevard
Webster, NY 14580-2029
585-787-2233
www.vnsnet.com

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CONTACT: Ann Duckett
Manager, Marketing Communications
585-787-2233, ext. 8106
aduckett@vnsnet.com

Visiting Nurse Service and Upstate HomeCare Partner in Promoting Better Breathing

Rochester, NY – Visiting Nurse Service of Rochester and Monroe County, Inc. (VNS) and Upstate HomeCare have teamed up to create a **Better Breathers** Group which will be hosting Dr. Jason Lyons, pulmonologist and attending physician, Unity Pulmonary Medicine, on Wed., Nov. 4, at 5 p.m. at 2180 Empire Blvd.

Attendees can learn about the latest research and development for those who feel short of breath, have tightness in the chest, or suffer from Emphysema, Bronchitis, COPD or other respiratory disease, as well as learn tips for better breathing. This educational/support group for pulmonary patients and their families meets monthly, hosts guest speakers, group discussions, a question and answer period and “caring and sharing.” Educational hand-outs, pamphlets and a growing library are available to members. Meetings are held at 2180 Empire Blvd., Webster, from 5 to 6 p.m. on the first Wednesday of each month; no cost to attend. For more call **Julie Salo, RN**, at 787-8353.

VNS is a not-for-profit, Medicare-certified home health care agency. Licensed by the State of New York, VNS has been providing quality care since 1919. As one of the largest full-service home health providers in the Rochester area, VNS conducts more than 600,000 visits to 13,000 patients annually. VNS is a member of the Home Care Association of New York State, Inc. and

Visiting Nurse Service
of Rochester and
Monroe County, Inc.

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the National Association for Home Care. For more information, please call 585-787-2233 or visit www.vnsnet.com.

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