THE DALLAS POST

CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

lassmates David Miller, left, Justin Toney, center, and Henry selingo walk around the new walking path next to the Lehman-Jackson Elementary School.

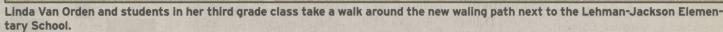


tudents from Lehman-Jack- with International Walk at hysical activity as they joined School programs. with other students, parents, eachers and community part- Lehman-Jackson walked on the ters statewide in the Common- district's new trail which was ylvania Advocates for Nutrition Schools were awarded funding to 2 Activity (PANA).

wealth's Fourth Annual Walk at funded by Steps to a Healthier School Day organized by Penn- Luzerne County Initiative.

son Elementary School School Day, the event promotes were "walking the walk" on physical activity for today's youth October 8 in support of increased by encouraging regular Walk at

Students and teachers from increase physical activity Held on the first Wednesday in throughout the school day for October each year in conjunction students and staff.













The Meadows Nursing & Rehabilitation Facility is located on a 15-acre tract in Dallas, Pennsylvania. This 130 bed skilled nursing facility offers both skilled and intermediate care to their residents. Along with the 24-hour nursing care, the Meadows Nursing & Rehabilitation Facility offers rehabilitative therapy to those needing to improve or maintain their current condition.

The expansion of the Meadows Nursing & Rehabilitation Facility's therapy department is a great advantage to both our current long-term residents and residents coming to our facility for rehabilitation. We have renovated and expanded our therapy area over 3,000 square feet. This additional space allows us to accommodate all disciplines of therapy in one area. Our objective in expanding our therapy area was to create an aesthetically pleasing atmosphere that encourages our residents to work to the best of their ability alongside our therapy staff to meet or exceed their goals.

Meadows Nursing & Rehabilitation Facility offers superior nursing care, which rehabilitates and improves the residents' health, and, when necessary, helps them to accept declining health with dignity and comfort in a loving, caring atmosphere. Their nurses are on duty around the clock, and a physician is always on call. In addition to excellent medical care, residents and their families benefit from the spiritual, social and emotional support offered at Meadows Nursing & Rehabilitation Facility.

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