



**FOR IMMEDIATE RELEASE**  
**July 30, 2007**

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## **ELLIOT HOSPITAL HOSTS OUTDOOR FARMERS MARKET**

MANCHESTER, NH – In an effort to promote healthy eating and lifestyles, Elliot Hospital and The Farm and Flower Market have partnered together to present an Outdoor Farmers Market, Saturdays, beginning August 4 and continuing through September 29, 9 a.m. to noon. The Farmers Market will be held outside the Pavilion Entrance of Elliot Hospital, One Elliot Way, Manchester.

This outdoor market offers a healthy, convenient option for the community to purchase a variety of fresh fruits and vegetables. Fresh produce is packed with vitamins, minerals, and antioxidants that help boost the immune system and are a great source of nutrients vital to maintaining good health. Eating a wide variety of fruits and vegetables helps to maintain a healthy lifestyle and weight, and reduces the risk of heart disease, some cancers and stroke. The idea to offer a farmer's market stems from Elliot's ongoing commitment to promote preventative healthcare for employees and the community.

*Elliot Health System is the largest provider of comprehensive healthcare services in Southern New Hampshire, the cornerstone of which is Elliot Hospital, a 296-bed acute care facility and the first community hospital in the state. Elliot is home to Manchester's designated Regional Trauma Center, a Level 3 Newborn Intensive Care Unit, Elliot Physician Network, Elliot Breast Health Center, Elliot Regional Cancer Center, the Elliot Senior Health Center, Visiting Nurse Association of Manchester and Southern New Hampshire and Elliot 1-Day Surgery Center. For more information on any of Elliot's services, call ELLIOT ON-CALL at 663-4567.*

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