

## Our history...

Finger Lakes Visiting Nurse Service began providing home health care services in 1990. Since then, we have helped over 25,000 patients and families cope with illness and injury.

In order for Finger Lakes Visiting Nurse Service to continue its mission, we rely on events such as this to raise much needed funds for patient care. That is why this plunge is such a wonderful way for people like you to make a difference.



FINGER LAKES  
VISITING NURSE SERVICE  
*Because You'd Rather Be Home.*

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Finger Lakes Visiting Nurse  
Service  
Presents:

## 3rd Annual Polar Plunge

Saturday, March 31, 2007  
at Seneca Lake State Park

To benefit home  
care and hospice  
programs



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VISITING NURSE SERVICE  
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