

# Good News

from the University of Rochester Medical Center

News for friends of the Medical Center.



## For Your Health: Stretch yourself

Sitting in one position for too long can take its toll on your body. You don't need to bend over backward to loosen up though. Try these simple stretches and you'll be on your way to a better quality of life.

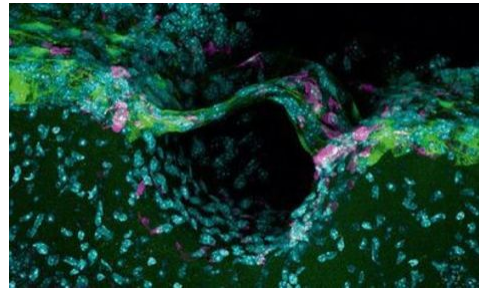
[Start stretching »](#)



## UR Medicine launches tuition-free nursing education program

To combat the region's nursing shortage, the University of Rochester Medical Center and School of Nursing announced an innovative program to provide a tuition-free nursing education for 33 students per year, with the first cohort expected to enroll in Fall 2023.

[Learn more »](#)



## Newly discovered anatomy shields brain

The previously unknown component of brain anatomy, described in the journal *Science*, acts as both a protective barrier and platform from which immune cells scan the brain for infection and inflammation.

[Read more »](#)



## Investments in pediatric behavioral health make a difference

Across the United States, the pediatric mental health crisis is overwhelming communities like a tidal wave. New initiatives at Golisano Children's Hospital are helping children get timely care.

[Find out how »](#)



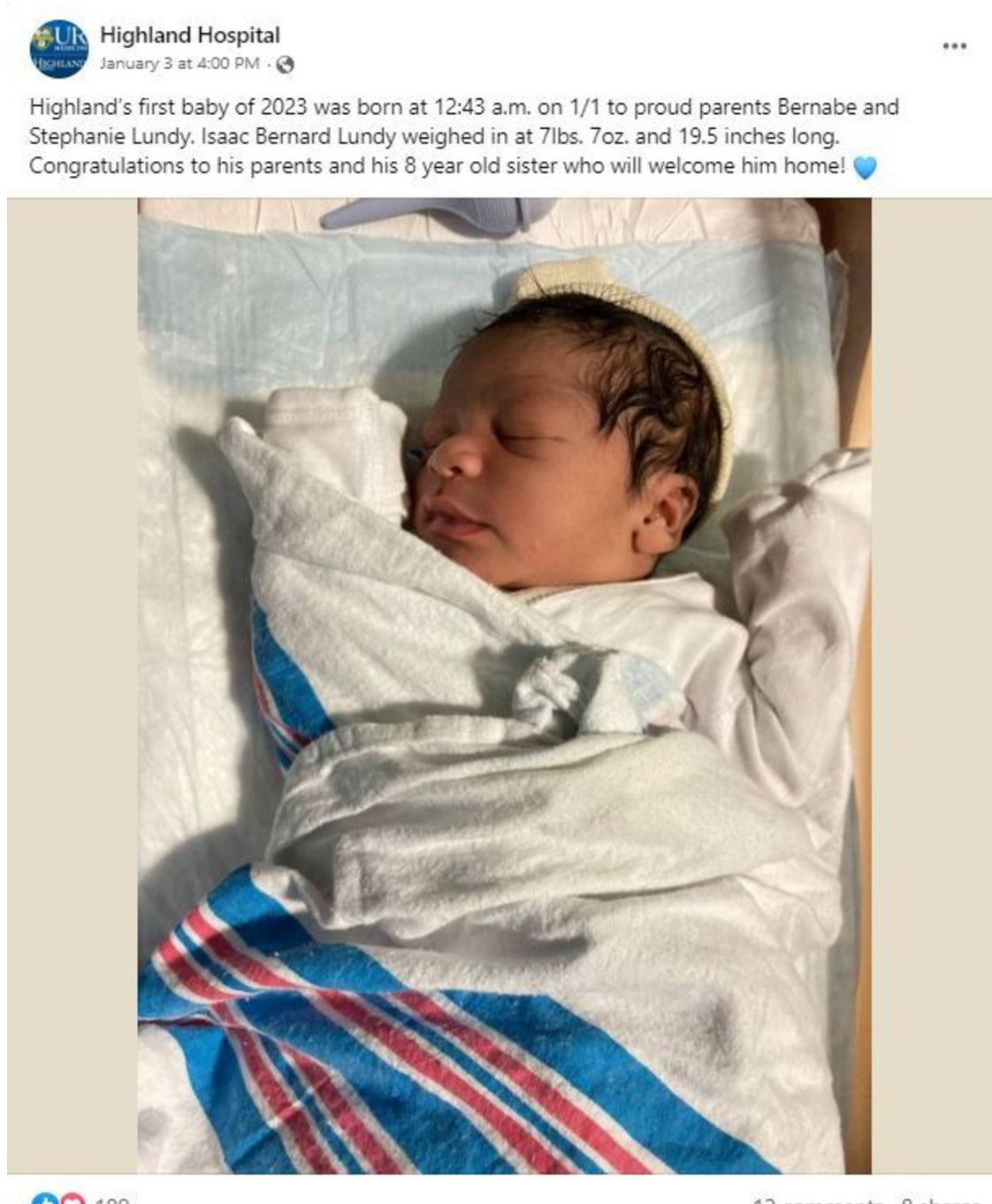
## Save the date: Highland Hospital Gala

Saturday, March 18

Join us for cocktails, dinner, and music to celebrate our vibrant community. Funds raised will benefit the final stages of Highland Hospital's new patient tower, which will convert nearly all its patient care rooms into private.

[Learn more »](#)

## Social media highlight



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