



Almost Family, Inc.
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Almost Family to Participate in Panel Discussion at RBC Capital Markets 2008 Healthcare Conference

Louisville, KY, December 8, 2008 – Almost Family, Inc. (Nasdaq: AFAM), a leading regional provider of home health nursing services, announced today William B. Yarmuth, Chairman, President and Chief Executive Officer, is scheduled to participate in a panel discussion on trends in home care at the RBC Capital Markets 2008 Healthcare Conference in New York, NY.

Event: RBC Capital Markets 2008 Healthcare Conference
Date: Wednesday, December 10, 2008
Time: 11:00 am ET

An audio Web cast of the panel discussion will be available by visiting the investor relations section of Almost Family's Web site at www.almostfamily.com. A replay of the presentation will be available for 30 days.

About Almost Family

Almost Family, Inc., founded in 1976, is a leading regional provider of home health nursing services, with branch locations in Florida, Kentucky, Connecticut, New Jersey, Ohio, Massachusetts, Alabama, Missouri, Illinois, Pennsylvania, and Indiana (in order of revenue significance). Almost Family, Inc. and its subsidiaries operate a Medicare-certified segment and a personal care segment. Altogether, Almost Family operates over 90 branch locations in 11 U.S. states.