

NEWS RELEASE



Waterford at Fairway Village

For immediate release

September 13, 2010
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Waterford invites public to celebrate “Active Aging Week” Sept. 23

VANCOUVER, Wash. — Waterford at Fairway Village is celebrating “Active Aging Week” from 11 a.m. to 4 p.m. on Thursday, Sept. 23 at the retirement community, 2911 S.E. Village Loop in east Vancouver.

There is no charge for the events, which include demonstrations on how physical fitness affects brain health, mindful meditation and nutrition.

Brain-health testing by NeoCORTA™ and counseling also will be available for a fee of \$25 for members of the Waterford Health & Fitness Club and \$35 for nonmembers. Those interested are asked to register in advance by calling (360) 254-2866.

The International Council on Active Aging started Active Aging Week. Health and fitness industry veteran Colin Milner formed the Council in 2001 with the goal of highlighting the wellness benefits of physical activity. More information is available online at www.icaa.cc/aaw.htm.

A full-service retirement community, Waterford is home to more than 240 people. It offers a wide range of retirement homes, lifestyles and services. The Waterford Health & Fitness Club is open to people over 40 years and features a variety of fitness options. More information is available at waterfordvancouver.com/

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