

NEWS RELEASE

Waterford on West Century



FOR IMMEDIATE RELEASE

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Active Aging Week activities planned at Waterford

BISMARCK, N.D. — Waterford on West Century is sponsoring a Living in Balance Wellness Fair and several speakers during international Active Aging Week, Sept. 21-25, to educate older adults on the best ways to maintain an active and healthy lifestyle.

There is no charge for the events, which are open to the public and will be held at 1000 West Century Ave. in Bismarck.

On **Tuesday, Sept. 22**, from 9 a.m. to noon, businesses representing different aspects of successful aging will participate in a Living in Balance Wellness Fair. The fair, underwritten by Humana, will include exhibit booths and health screenings. There will be healthy refreshments, and door prizes will be given away.

Four brown-bag luncheon seminars on aging also will be held from noon to 1 p.m. during the week; they include:

- **Monday, Sept. 21:** Krista Headland from the Alzheimer's Association, "Know the 10 Signs & Maintain Your Brain;"
- **Wednesday, Sept. 23:** Mary Siverson from RSVP+, "Value of Volunteering & Discovering One's Talents;"
- **Thursday, Sept. 24:** Nicki Calderwood from Dakota Physical Therapy, "Maintaining and Improving Your Balance;"
- **Friday, Sept. 25:** Denise Mathern from the Arthritis Foundation, "Managing Your Activities with Arthritis."

"Waterford is an active community," says Waterford Life Enrichment/Wellness Director Autumn Edwards. "We're committed to helping people achieve a healthy life throughout the year. Active Aging Week is an ideal opportunity to join with community partners and share ideas that people can fold into their lives as they strive for wellness."

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles.

For more information about the Wellness Fair and brown bag seminars, please contact Autumn Edwards at (701) 323-7000. For more information about Waterford on West Century, visit WaterfordBismarck.com.

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