

NEWS RELEASE

Waterford on West Century



FOR IMMEDIATE RELEASE

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Waterford offering array of fitness tests, activities to celebrate Active Aging

BISMARCK, N.D. — Waterford on West Century will hold a health expo that includes a wide array of mental and physical fitness screenings on Sept. 27 to celebrate Active Aging Week. The event is open to the public and will be held at Waterford, 1000 West Century in Bismarck.

Head-to-toe screenings — including memory, balance, feet and overall fitness — will be available, most at no charge. In addition to the screenings, speakers will address stroke and fall prevention. The health expo will be open from 9 a.m. – noon. Additional screenings will be available until 4 p.m. Most screenings are on a first come, first served basis. Healthy snacks will be offered all day.

Active Aging Health Expo

9 a.m. – noon

Attendees can visit with more than 20 organizations, ranging from education to fitness to finance. Participating organizations include:

- Senior Medicare Patrol/North Dakota Center for Persons with Disabilities
- North Dakota State Library
- IPAT
- RSVP Plus
- Experience Works
- Miracle Ear
- MN/ND Alzheimer's Association
- Great Plains Rehabilitation Services
- Sarah Mahrer, Massage
- Dakota Physical Therapy
- Dakota Foot and Ankle
- The Smile Center
- Dakota Pharmacy and Natural Health
- Professional Pharmacy West
- St. Alexius Medical Center, Education Center
- St. Alexius Elder Care Program
- St. Alexius Home Care & Hospice
- Scheels Sporting Goods
- Beauty Palace

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- UND Center for Family Medicine
- Biron Baker, MD, Baker Family Medicine.

Wellness Screenings

9 a.m. – noon

- Blood sugar, blood pressure, heart rate and cholesterol testing. Professional Pharmacy will provide these tests for a small fee.
- Foot and ankle screenings by Brian Gale, DPM, FACFAS, of Dakota Foot & Ankle. Please sign up at Waterford Health & Fitness Club or call (701) 355-1280 to make an appointment.)
- Memory screenings by St. Alexius Medical Center staff. The public is encouraged to call ahead for an appointment with one of two registered nurses, who will attend the expo. To make an appointment, call 701-530-7749.
- Physical therapy screenings with Dakota Physical Therapy. Please sign up at club front desk or call (701) 355-1280 to make an appointment.

9 a.m. – 4 p.m.

- Balance testing. Mark Minette, director of the Waterford Health & Fitness Club in Fargo, will lead people through functional and balance activities to assess one's balance capacity and fall risk.
- Senior fitness testing. Waterford Health & Fitness Club team members will guide participants through a series of standardized physical fitness tests, which measure upper- and lower-body strength, upper- and lower-body flexibility, balance and agility, body-fat percentage and cardiovascular fitness. Waterford is the only club in the area certified for these specific senior fitness tests.

Speakers

- 9:30 a.m.—*Stroke Prevention*, presented by Jolene Engelhard, FNP-C, with the Clinics of St. Alexius
- 11 a.m.—*Fall Recovery*, presented by Dakota Physical Therapy co-owner April Bergan, RPT.

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 U.S. and is designed to promote healthy and active lifestyles.

For more information about Active Aging Week activities, please contact Amy Miller at (701) 323-7000 or Steve Metzger at (701) 355-1280.

Waterford on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit WaterfordBismarck.com.

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