

# NEWS Release



## Waterford on West Century

A Touchmark® community  
Touchmark—celebrating 25 years

### **FOR IMMEDIATE RELEASE**

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### **GATHER TIMELY HEALTH INFORMATION AT WATERFORD'S FIRST HEALTH FAIR**

(BISMARCK, N.D.)—It's fall—and time to gather tips on leading a healthier life. Waterford on West Century is presenting “A Harvest of Bountiful Health” Wednesday, Sept., 21 from 9 a.m. to noon.

The health fair will feature nearly a dozen vendors offering health and wellness information. Registered Dietitian Jill Keith from Burleigh County Health will present information on “Healthy Nutrition for Your Daily Life.” Refreshments and door prizes will be offered.

There is no admission fee, and adults of all ages are welcome. In addition to the health fair, Waterford is holding an open house; tours will be available. The event will take place at 1000 West Century Ave. in Bismarck. For more information call (701) 323-7000.

Waterford offers resort-style retirement for adults 55-plus and is home to 140 people. The community offers a wide range of single-level homes, apartments and living options. An on-site Health & Fitness Club is open to the public for those 40 and greater. Waterford is part of Touchmark®—a company that has served the needs of older adults and their families for 25 years.