

# NEWS Release



Waterford

## Waterford on West Century

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### **WATERFORD EXPANDS — AND OFFERS NEW SERVICES**

With its new three-story addition, Waterford on West Century now offers an extra 18 independent and 19 assisted living apartments for seniors looking for a more carefree life. In addition, two new services are available: memory care for people with dementia and a new health and fitness club created especially for adults over 40.

Two Respite and Recovery studios also can be used by those recovering from surgery or for caregivers who need to take a break from their daily responsibilities.

Waterford's 20 new Memory Care studio apartments and specialized services will meet the growing demand within the community for those with Alzheimer's disease and other forms of dementia.

The new Health & Fitness Club is open to adults from the Bismarck-Mandan community. The club features a warm-water pool, spa, aerobics classes, cardiovascular and strength training equipment, personal training, towel service, and locker rooms.

Dakota Physical Therapy has opened an outpatient office within the club, serving clients from throughout the area and providing physical therapy, occupational therapy, hand therapy, and massage therapy.

A two-bedroom with den cottage home is available for purchase, and two new cottage homes are under construction and will be completed in the spring.