

# NEWS RELEASE



## Waterford on West Century

For Immediate Release

January 24, 2008  
For more information:  
Shawna Dschaak  
701-355-1280

### **WOW! Waterford Offers Wellness activities to public**

BISMARCK, N.D. — Sample a variety of classes and wellness activities designed to nurture the mind, body, and spirit at the Waterford Health & Fitness Club's WOW! event Tuesday, Jan. 29 from 1 to 3:30 p.m. Try out mini classes in Qigong, yoga, and posture and balance. Learn the latest about aroma therapy and hear from a travel agent, who will share travel advice and favorite destinations. Enjoy healthy snacks, and sign up for door prizes. The club is located at 1000 West Century Avenue. For more information, call 701-355-1280.

Waterford Health & Fitness Club serves more than 425 people over 40 years and provides a variety of fitness options, including exercise equipment, a swimming pool, spa pool, and aerobic studio. Services include health and wellness screening, fitness assessment, personal training, massage, and an on-site therapy clinic.

- 30 -