

NEWS RELEASE



Waterford at Harwood Groves

FOR IMMEDIATE RELEASE

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Active Aging Week activities planned at Waterford at Harwood Groves

FARGO, N.D. — Waterford at Harwood Groves is sponsoring an Active Aging Wellness Fair from 9-11:30 a.m. Friday, Sept. 25, and will host a speaker on Tuesday, Sept. 22 as a part of international Active Aging Week September 21-25. There is no charge for the events, and both are open to the public.

On **Tuesday, Sept. 22** at 2 p.m., Janet Witt, MS, RD, grassroots manager for the National Committee to Preserve Social Security and Medicare, will speak about *What Lies Ahead for Seniors Regarding Social Security, Medicare and other Senior & Health Care Issues*. In her role, Witt works with states to provide education and assist in developing programs that address health and financial issues. She is a registered dietitian and holds a master's degree in Family and Consumer Sciences.

On **Friday, Sept. 25**, a Wellness Fair will be held within the Waterford Health & Fitness Club from 9-11:30 a.m. Vendors will offer an array of complementary services, including eyeglass adjustments, advice on appropriate walking shoes, blood pressure checks, Balance Master demonstrations, audiology screenings, mini massages and reflexology services.

“Active aging is our calling, and Active Aging Week is a great time to talk about the fact that people around the world are living longer now,” says Waterford Health & Fitness Club Director Mark Minette. “Our long lives can be good and rich, especially when we practice ways to keep our minds engaged and bodies moving.”

For more information about the week's activities, contact Minette at 701-525-1055.

Waterford, which opened in 1998, offers a wide range of retirement homes and lifestyle options and is home to more than 150 people. Recently, Waterford completed an expansion and extensive remodel. The expansion added 60 new apartment homes, four cottages and the Waterford Health & Fitness Club, which is open to people over 40, and features a variety of fitness options. More information is available at WaterfordFargo.com.

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 and is designed to promote healthy and active lifestyles.

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