

# NEWS RELEASE



## Waterford at Harwood Groves

FOR IMMEDIATE RELEASE

September 19, 2011

For more information/interviews:

Mary Tvedt, (701) 476-1200

[MHT@Touchmark.com](mailto:MHT@Touchmark.com)

### **Public invited to attend a celebration of Active Aging at Waterford at Harwood Groves**

FARGO, N.D. – Waterford at Harwood Groves is celebrating Active Aging Week on Thursday, Sept. 29 from 11 a.m. to 4 p.m. All are welcome to attend and participate in a day of wellness with speakers, refreshments and screenings. There is no charge. Waterford is located at 1200 Harwood Drive in Fargo.

#### **Event Schedule**

- **11-11:40 a.m.:** *Comfort Food: Hymns, Songs and other Wisdom* with Tom Holtey, chaplain for Hospice of the Red River Valley. Auditorium.
- **11:40 a.m. to 12:40 p.m.:** Picnic lunch with Bruce Furness, former mayor of Fargo, who will present *Remaining Active as You Age*. Auditorium.
- **12:40 to 1:40 p.m.:** Fun run/walk with different distances and ability levels (quarter mile, half mile and mile routes available). Start at the main entrance, and finish at the Waterford Health & Fitness Club.
- **12:40 to 1:40 p.m.:** *Going Green. Chevy Volt: First Electric Car in North Dakota*, presented by Waterford resident James Bastian. Main entrance.
- **1:40 to 2 p.m.:** Refreshments. Fitness club.
- **2 to 2:30 p.m.:** *Healthy Eating/Nutrition Related to Aging*, presented by Licensed Registered Dietitian Maren Wolsky. Waterford Health & Fitness Club.
- **2:30 to 3:15 p.m.:** *Lifelong Learning*, presented by North Dakota State University Professor and Department Head of History, Philosophy and Religious Studies John Cox, Ph.D. Waterford Health & Fitness Club.
- **3:15 to 4 p.m.:** Hydro-Pilates™ trial class. Waterford Health & Fitness Club is the first to offer Hydro-Pilates in the Fargo/Moorhead area. This low-impact exercise strengthens/stretches the body with a mind-body focus. Waterford Health & Fitness Club swimming pool.

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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, call Mary Tvedt at (701) 526-1055.

A Touchmark community, Waterford at Harwood Groves 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 age 40 and features a variety of fitness options. For more information, visit [www.WaterfordFargo.com](http://www.WaterfordFargo.com). Later this year, Waterford is changing its name to Touchmark. Because Waterford already is part of the Touchmark family, everything but the name remains exactly the same. The name change is being phased in throughout 2011.

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