

NEWS RELEASE

Waterford on South Hill



For immediate release

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Active Aging Week activities planned at Waterford

SPOKANE, Wash. — Waterford on South Hill is inviting the public to join in a celebration of a healthy lifestyle during international Active Aging Week, Sept. 21-25. Scheduled events will encourage people to incorporate healthy activity into their daily life — and reap the benefits.

Waterford is located at 2929 S. Waterford Dr.; there is no charge for the events, and participants earn Active Aging Bucks, which they can convert to prizes, such as a Hawaiian gift bag, an orchid or \$50 Red Lobster gift certificate.

Scheduled events include:

Tuesday, September 22

8 a.m.: A cup of tai chi ... a beginning level, modified tai chi class

1 to 4 p.m.: Fall proof your life ... demonstrations on the hour using stability balls and balance pads

Wednesday, September 23

9:30 a.m.: Walk the Centennial Trail with a stop at the Mirabeau Park waterfalls. Space is limited: To reserve a seat on the bus, call 509-536-2929.

Thursday, September 24

8 a.m.: A cup of tai chi ... a beginning level, modified tai chi class

“We’re committed to helping people achieve a healthy life throughout the year,” says Executive Director Jeff Bair. “Active Aging Week is an ideal time to provide fitness opportunities that people can fold into their lives as they strive for wellness.”

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.

Waterford offers a wide range of homes and lifestyle options, including home health and home care services. The full-service retirement community is located at 29th Avenue and Pittsburg Street. For more information, visit WaterfordSpokane.com.

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