

# NEWS Release



## Waterford at Fairway Village

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**FOR IMMEDIATE RELEASE**

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### **ALL AGES INVITED TO ENJOY FITNESS AND FUN AT CARNIVAL**

VANCOUVER, Wash. — Children and adults of all ages are invited to participate in a senior wellness carnival Wednesday, Sept. 13 from 8 a.m. to noon at Waterford Health & Fitness Club, 2927 SE Village Loop in Vancouver. There is no admission charge.

**Enjoy activities:** There will be interactive games, fitness challenges and a petting zoo, presented by Brush Prairie Farms. A clown will create balloon animals and entertain residents and guests.

**Catch presentations and demos:** Throughout the morning, people can test their balance and have their blood pressure checked. Between 10 and 11:30 a.m., five-minute chair massages will be available. At 10 a.m., Waterford Health & Fitness Club Director Carol McCann will make a presentation about the importance of fall prevention.

**Win prizes:** Attendees can win prizes, such as gift cards for massage and personal training at Waterford Health & Fitness Club and gift cards from local merchants. The grand prize will be an individual six-month membership to the Waterford Health & Fitness Club. A Waterford pamper package that includes massage and other services also will be given away. Prizes will be announced from 11:15 a.m. to noon; people must be present to win.

“Fitness can be fun for the entire family,” says Waterford Health & Fitness Club Director Carol McCann. “This intergenerational event is designed to inspire friends and family members to play together and start — or maintain — a fitness routine.”

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Individuals who are interested in joining the club will be able to do so during the carnival and waive the usual membership fee. Additionally, club members who refer a friend will receive a club bonus. For more details about fall classes or the carnival, contact (360) 433-6400.

The Waterford Health & Fitness Club is open to the public and features a 75-foot pool, exercise equipment designed specifically for older adults, personal training and a host of fitness and therapy classes, both in and out of the water.

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