

NEWS Release



Waterford at Fairway Village

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For further information:
Carol McCann
(360) 433-6400

LOCAL CLUB HOSTS ARTHRITIS FOUNDATION TRAINING

(VANCOUVER, Wash.) — The Waterford Health & Fitness Club recently hosted a widely endorsed certification workshop for instructors wishing to be certified by the Arthritis Foundation to teach a unique form of tai chi. The three-day workshop drew fitness professionals from as far away as Boston and from cities along the west coast and was coordinated with the Arthritis Foundation’s Pacific Northwest chapter, based in Seattle.

Two levels of certification were offered. Fifteen participants were certified for Level I, and 22 received certification for Level II.

Nationally renowned instructor Troyce Thome of California led all workshop sessions. While there are several forms of tai chi, the type endorsed by the Arthritis Foundation was created by Paul Lam, MD, who knew firsthand the pain associated with arthritis. He and a team of prominent doctors specializing in arthritis developed the program that addresses the specific needs of people with arthritis.

“Individuals who practice this form of tai chi report that it’s simple and safe—and that it improves their quality of life,” reports Waterford Health & Fitness Club Director Carol McCann. “It’s quite an honor for this club and the city to be selected for this national-level certification.”

As a result of the workshop, the Waterford Health & Fitness Club now has two certified instructors. For enrollment information about current and future tai chi classes, call 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.