

NEWS Release



Waterford

Waterford Health & Fitness Club

FOR IMMEDIATE RELEASE

October 11, 2004

For more information:

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PUBLIC INVITED TO WATERFORD HEALTH & WELLNESS FAIR

(VANCOUVER, Wash.)—The public is invited to attend the second annual Waterford Health & Wellness Fair Wednesday, October 20 from 9:30 am to 4 pm at Waterford at Fairway Village, 2927 S.E. Village Loop, Vancouver. Titled *A Safari PasSport to Health*, the day will highlight the role physical activity plays in keeping people over 40 healthy, active, and fit.

Activities throughout the day include:

- Information, demonstrations, and free health tests by community providers;
- A buffet lunch for \$5 between 11:30 am and 1:30 pm;
- Presentations, such as “The Aging Brain” by Patricia Moore of Oregon Health & Science University; “Wellness Over the Lifespan” by Marge Coalman, EdD, Wellness & Programs Director, Touchmark;
- A panel of heroes, who will share their compelling stories about how physical activity has changed—or in some cases, saved—their lives.

At 3:30 pm, there will be drawings for numerous prizes, including an all-expenses paid-stay at Skamania Lodge, specialty coupons from Beaches, and a basket of specialty items.

For additional information, call 360-254-2866.

The Waterford Health & Fitness Club, situated within the Waterford active adult community, is open to adults throughout the Vancouver-Portland community. The club reflects Waterford’s belief that a comprehensive wellness program is essential to people’s overall physical and mental health.