

NEWS RELEASE



Waterford on Saddle Drive

FOR IMMEDIATE RELEASE

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For further information:

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Waterford hosts Active Aging Week for community

HELENA, Mont. — Active aging is defined as living life as fully as possible, according to the International Council on Active Aging, which started an annual health promotion celebration. Residents of Waterford on Saddle Drive are offered an array of activities to aid them in this mission not only during Active Aging Week but also throughout the year.

Waterford invites Helena-area residents to participate in this year's celebration, which starts Monday, Sept. 21. There is no charge for the events, which will be held at Waterford, 915 Saddle Drive in Helena.

The schedule includes:

- Monday, Sept. 21
9 a.m.: Active Aging Week introduction, including a short walk around the Waterford campus and refreshments.
2 p.m.: A sample of healthy, natural juice.
- Tuesday, Sept. 22
10 a.m.: One-mile walk and picnic at Spring Meadow Lake.
1 to 3 p.m.: Chair massages by Gordi Ann Pippin, C.M.T.
- Wednesday, Sept. 23
10 a.m.: Karrie Fairbrother, R.N., from St. Peter's Hospital discusses staying healthy.
7 p.m.: Local chapter of Mended Hearts, a national nonprofit organization, meets.
- Thursday, Sept. 24
1 to 3 p.m.: Foot massages by licensed esthetician Karen Rowan.
3 p.m.: Lora Behlmer, P.A.C., discusses "Bringing the Botanical Bounty of the Earth to Your Skin."
- Friday, Sept. 25
9 a.m.: Equipment demonstration with Cheryl Wooden in the Exercise Room.
10:30 a.m.: Yoga presentation by Susan Bartanik.
1 to 3 pm: Nostalgia Party, including music, dancing, and Active Aging Week participation awards.

"We focus a great deal on promoting and supporting active aging," says Erika Mendez, Life Enrichment/Wellness director for Waterford. "As a result, people are happier, more social and energetic and have a wider assortment of friends. In planning Active Aging Week, we selected activities to encourage, motivate, and inspire people to incorporate healthy activity into their daily routines."

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For more information, people can call (406) 449-4900.

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 US and is designed to promote healthy and active lifestyles.

Waterford offers resort-style retirement and is home to more than 150 people. A wide range of homes and lifestyle options is available. More information is available at WaterfordHelena.com.

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