

# NEWS RELEASE



## Waterford at All Saints

**FOR IMMEDIATE RELEASE**

September 11, 2009

For further information:

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### **Waterford hosts Active Aging Week for community**

SIoux FALLS, S.D. — 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 at All Saints are offered an array of activities to aid them in this mission not only during Active Aging Week but also throughout the year.

Waterford residents and the entire Sioux Falls community are invited to participate in The Waterford Wellness Fair **Tuesday, Sept. 22** from 1:30 p.m. to 3:30 p.m. There is no charge for the day's events, which will be held at Waterford, 111 W. 17th St.

Attendees at Tuesday's event will be able to:

- Take advantage of screenings, including blood-pressure and blood-glucose screenings by Waterford Assisted Living Manager Jackie Lofswold, R.N., and back screenings by Sioux Falls Chiropractic.
- Visit vendors.
- Receive a complimentary foot scan for proper fit of shoes from Runner's Block.
- Enjoy a complimentary five-minute chair massage.
- Play Texas Hold'em, take brain challenges, participate in Wii bowling, win prizes and more.

“We focus a great deal on promoting and supporting active aging,” says Krista Musser, Life Enrichment/Wellness director for Waterford. “As a result, I interact daily with people who are happier. In planning Active Aging Week, we looked for activities that included fun, learning and wellness.”

For more information, people can call (605) 335-1117.

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. The retirement community is located on the grounds of the historic All Saints School. For more information, contact Waterford at (605) 335-1117 or visit [WaterfordSiouxFalls.com](http://WaterfordSiouxFalls.com).

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