

MEDIA ADVISORY

Contact: Susan Hoover / Amy Jones, Forté Group, Inc.
Phone: 214-378-7970 ext. 304 / 302
Mobile: 405-593-7575 / 979-277-2666
shoover@fortegroupinc.com / ajones@fortegroupinc.com

FOR IMMEDIATE RELEASE
September 9, 2016

Charlotte Seniors Celebrate Healthy Aging Month by Giving Their Favorite Dishes a Makeover

WHAT: As people across the U.S. celebrate Healthy Aging Month, seniors in Charlotte will join in the observance of this holiday meant to encourage events that promote taking responsibility for all aspects of one's health. Waltonwood Cotswold, which opened last month, chose to focus on healthy eating as part of its celebration. Many seniors have diet restrictions, such as low salt or sugar, and changes must be made to their eating habits in order for them to live healthier lives. The senior living community's chef, Michael Norman, will host an educational cooking class designed to get residents to think outside the box when preparing snacks for themselves. As the chef creates menus for the residents at the community, he must take many dietary restrictions into account while still creating nutritious, restaurant-quality meals. The chef will demonstrate and have the residents replicate recipes that have been modified to be guilt-free, like sweet potato hummus, yogurt dip, zucchini pizza bites and a low-sugar peach cobbler, which were all created with taste, nutrition and health in mind. The dining team hopes to demonstrate to the residents that small modifications to their favorite dishes can pay off in their overall health and wellbeing, regardless of their age.

WHEN: September 13
10:00 a.m.

WHERE: Waltonwood Cotswold
5215 Randolph Road
Charlotte, NC 28211

WHO: Members of the media are invited to interview residents and staff, as well as take pictures of the seniors as they participate in the cooking class. Help them demonstrate to others that small changes to your diet can have a big impact on your overall health. Come see these residents trying out new recipes and learning about healthy eating. For media inquiries, please contact Susan Hoover via phone

at 214-378-7970 ext. 304 or email at shoover@fortegroupinc.com, or Amy Jones at via phone at 214-378-7970 ext. 302 or email at ajones@fortegroupinc.com.

WHY: This close-up look will demonstrate how active seniors in Charlotte are looking for ways to live healthier lives while still enjoying the things they love. They will motivate people of any age to make small changes for a healthier life. The event is part of the community's Healthy Aging Month and Assisted Living Week celebrations.

ABOUT WALTONWOOD COTSWOLD

Waltonwood Cotswold opened in August 2016 and offers seniors a dignified, individualized community where residents can thrive. The senior living community offers assisted living and memory care apartments in private one- and two-bedroom and studio floor plans for up to 117 residents. Residents will live in luxury accommodations with many engaging amenities, including elegantly appointed common areas and restaurant-style dining. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to Uptown and South Park Charlotte, with easy access to retail shopping, churches, hospitals, dining and entertainment.

In 1973 Gurmale Singh Grewal, along with his brothers Lushman and Jeat, established Singh as a family-owned company and for 43 years Singh remains multifaceted in real estate development, with a strong foundation in luxury apartments, commercial properties, land development, high-end single family homes and, for nearly 30 years, senior living communities which have been branded "Waltonwood." The vertical integration of the company, which provides for development, construction, finance and management under one umbrella, allows Singh to be poised for new opportunities in expanding markets. All projects are wholly owned by Singh and continue to be owned and managed by Singh.

With regional offices in Cary, NC, Singh has made a strong commitment to expansion of its brand into the southeast markets. Learn more about Singh and its Waltonwood communities at www.singhweb.com. If you are interested in learning more about Waltonwood Cotswold, please visit www.waltonwood.com or call 704-490-4330.

-END-