

## PRESS RELEASE

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FOR IMMEDIATE RELEASE  
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### NOVI SENIOR LIVING COMMUNITY PARTICIPATING IN HEALTHY AGING MONTH – PUBLIC INVITED TO ATTEND WELLNESS ACTIVITIES

Novi, MICHIGAN September 11, 2015: Residents of Waltonwood at Twelve Oaks are taking control of their mental, physical and spiritual health this month by participating in the annual observance of Healthy Aging Month, and invite the public to join them.

On **Sept. 22 at 10:00 a.m.**, Chris Grabowski, Fitness Coordinator at four Waltonwood senior living communities, will host an educational talk entitled **“The Exercise Effect: How and Why Exercise Works.”** Grabowski will highlight the science behind exercise and discuss how exercise benefits overall health. Attendees can take part in the Morning Stretch class immediately following the discussion.

On **Sept. 24 at 1:30 p.m.**, the public is invited to attend **Brain Neurobics, an interactive class where attendees will participate in brain exercises and fun activities to keep their minds sharp.** They will also learn about ways to keep their brains healthy and active.

These events will take place at Waltonwood at Twelve Oaks (27475 Huron Circle in Novi) and are free and open to the public. To attend “The Exercise Effect: How and Why Exercise Works” or the Brain Neurobics workshop, please RSVP by calling 248-733-3045.

Throughout the month, the community will host other activities open to its residents that build upon their “EXPAND” wellness model, which stands for “Education, X-ercise, Play, Art, New and Discovery” and incorporates these activities into residents’ daily routines.

“The biggest comment I get from our residents is that they notice a huge difference if they miss a day or two of exercise. They see how it improves their ability to do everyday tasks, and I want to help seniors who don’t live here to understand the benefits as well,” said Grabowski. “I decided to discuss this topic to provide the science behind exercise. Many of our residents’ doctors tell them to do it, but they don’t know why it is prescribed. No matter your age, you want to feel your best, and staying active mentally and physically is the closest thing we have to reversing the effects of aging. It’s never too late to start.”

Grabowski works closely with residents to create safe, effective and enjoyable exercise plans tailored to their needs and capabilities. Any senior has the ability to increase flexibility, balance, coordination and strength through exercise, regardless of perceived limitations. He tells seniors that walking throughout the day can make a huge difference. Grabowski has nearly a decade of fitness experience and a master's degree in exercise science.

94-year-old Waltonwood at Twelve Oaks resident Stephen Mihalich is a retired osteopath and recently began participating in the Silver Chair Yoga classes twice a month at the community, in addition to the Morning Stretch classes he attends, which is offered five times a week. The public can attend this same class as part of the Healthy Aging Month offerings. He encourages all seniors to exercise and find the right fit for them.

“I really enjoy trying new and interesting ways to stay healthy. That’s why I gave yoga a shot. I had never done yoga before but had heard about it for years, said Mihalich. “I thought, ‘Why not?’ and tried it one day. I noticed an immediate difference when I began taking the class. It taught me a new way to work my mind and body. I was more relaxed overall and the instructors make it easy to follow along and not as intimidating as I thought it might be. I hope to see some new faces at our upcoming Morning Stretch class. This is a fun way to get fit together.”

While exercise is important to keep your body healthy, a different kind of activity is needed to keep your mind healthy. The public is welcome to enjoy an introduction to brain exercise called Brain Neurobics. Brain Neurobics is an eleven-part series of classes, created and trained through the Wayne State Institute of Gerontology, which is a combination of exercises, games and education that shows how the brain works and how to keep it active through simple, daily tasks. Many seniors fall into ruts with their daily activities, and after a period of time these tasks become so mindless that the neurons in the brain do not fire, which can create memory loss. Simple changes like using your non-dominant hand to brush your teeth, doing puzzles or engaging your senses in a new way will help fire new brain activity.

“It is our number-one objective to have our residents remain as independent as possible, and one of the keys to that is engaging the mind, body and spirit daily,” **said Anne Dann, Executive Director of Waltonwood at Twelve Oaks.** “These classes are an outlet to learn and do new things, socialize and create a healthy mindset. We hope the surrounding community will take advantage of these activities to learn how the body works and how easy and fun it can be to do.”

If you are a member of the media interested in covering this story or setting up an interview, please contact Susan Hoover via phone at 214-890-7912 ext. 31 or email at [shoover@fortegroupinc.com](mailto:shoover@fortegroupinc.com) or Amy Jones via phone at 214-890-7912 ext. 30 or email at [ajones@fortegroupinc.com](mailto:ajones@fortegroupinc.com).



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## **ABOUT WALTONWOOD AT TWELVE OAKS**

Waltonwood at Twelve Oaks offers seniors a dignified, individualized community for residents to thrive. The community has more than 200 independent, assisted living and memory care residents in studio, one- and two-bedroom apartments. The community offers many engaging amenities, including a walking path and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program, which utilizes European-designed, air resistance exercise equipment built especially for seniors. The community is located close to area shopping, dining and entertainment, and just minutes from Twelve Oaks Mall and I-96. If you are interested in learning more about Waltonwood at Twelve Oaks, please visit [www.waltonwood.com](http://www.waltonwood.com) or call 248-733-3045.

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