

# NEWS Release



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## Waterford on South Hill

### **FOR IMMEDIATE RELEASE**

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### **“IS THERE BALANCE IN YOUR LIFE?” — WATERFORD SPEAKER ANSWERS**

SPOKANE, Wash. — According to the Centers for Disease Control and Prevention, “more than 1.8 million seniors age 65 and older were treated ... for fall-related injuries and more than 421,000 were hospitalized” in 2003.

Physical Therapist David Springer will discuss valuable tips and share simple techniques to improve movement and stability on Jan. 19 at 2 p.m. at Waterford on South Hill, 2929 S. Waterford Drive. The presentation is free and open to the public. Participants are encouraged to wear comfortable clothing and soft-soled shoes.

“Participants will learn specific techniques and knowledge to reduce their risk of a fall,” says Director of Life Enrichment and Wellness Betty Doerschlag.

Opened in 1991, Waterford on South Hill is home to more than 300 people. The 55-plus resort-style retirement community offers a wide range of single-level homes, apartments and living options.

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