

# NEWS Release



A Touchmark® community  
Touchmark—celebrating 25 years

## Waterford on South Hill

### FOR IMMEDIATE RELEASE

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**For further information:**

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### **“HEALTHY HEART” EVENT OFFERS FOOD AND ACTIVITY TIPS**

SPOKANE, Wash. — Waterford on South Hill is celebrating Heart Month by offering the public a fun and educational “Healthy Heart” afternoon on Wednesday, Feb. 15 from 2 to 3:30 p.m. There is no admission fee, and people can get their blood pressure checked as well as participate in three separate presentations:

- **Healthy food display.** Chef Durwin Maloney will discuss tasty and nutritious foods that are good for the heart. Participants will receive a recipe of the featured entree.
- **Cardiac rehabilitation.** Physical Therapist Julie Powell will provide an overview of the latest information.
- **How fast is your heart beating?** Waterford Fitness Specialist Lori McCormick will demonstrate how to determine your heart rate and check your pulse.

All activities take place at 2929 S. Waterford Drive. For more information, people can call (509) 536-2929.

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 lifestyle options.