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PRESS RELEASE

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FOR IMMEDIATE RELEASE
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SENIORS TO CELEBRATE NATIONAL ACTIVE AGING WEEK WITH PAINTING, COOKING DEMOS, SOCIALS AND A HEALTH FAIR

PALM BEACH GARDENS, Fla. September 19, 2018 – While some people have qualms about getting older, others think aging should be celebrated because it is an opportunity that not everyone will experience. The best way to age gracefully is to stay active. Recognizing the importance of leading an enriching lifestyle during one's senior years, the International Council on Active Aging (ICAA) created National Active Aging Week in 2003. According to the ICAA, Active Aging Week challenges society's negative expectations of aging by showing that regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life – physical, social, spiritual, emotional, intellectual, vocational and environmental. **La Posada**, a Kisco Senior Living community, is excited to present residents with a **weeklong series of events and activities** to celebrate their dedication to living an active and vibrant lifestyle in recognition of Active Aging Week.

“The concept of Active Aging Week ties in perfectly with La Posada's The Art of Living Well® philosophy, which is featured in every aspect of community life and presents unique social and wellness opportunities that strengthen the mind, body and spirit,” said Brad Cadriere, executive director of La Posada. “Active aging is about more than moving the body around and attending exercise classes. There are many dimensions of wellness to engage in, and our community's wellness director, Rick Minichino, has coordinated a beneficial event, activity or program each day for our residents.”

The theme of this year's Active Aging Week is “Inspiring Wellness.” The weeklong campaign is recognized during the last week of September and wholeheartedly celebrates the positivity of aging today. La Posada residents will choose from the following highlighted activities and others:

- Monday, September 24, Uptown Art and Acrylics Painting Class at 10:00 AM
- Tuesday, September 25, Healthy Breakfast Cooking Demonstration at 9:30 AM
- Tuesday, September 25, Memory and Aging Lecture at 3:00 PM
- Wednesday, September 26, Health Fair at 10:00 AM



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If you are interested in covering an activity or setting up an interview with a resident or team member, please contact Lauren Witt via phone at 214-378-7970 ext. 306 or email at lwitt@thepointgroup.com or Amy Jones via phone at 214-378-7970 ext. 302 or email at ajones@thepointgroup.com.

ABOUT LA POSADA

La Posada is a resort-style life care community located in the heart of Palm Beach Gardens, Florida. The continuing care retirement community features luxurious independent living apartments, independent living cottages, as well as assisted living apartments, memory care suites, private rooms for short-term rehabilitation and skilled nursing, all nestled within 22 prime acres of sparkling lakes and lavish courtyards. Providing a variety of amenities, residents enjoy chef-prepared meals, concierge services, state-of-the-art wellness programs, transportation services, and intellectually stimulating events and activities.

As a Kisco Senior Living community, The Art of Living Well® philosophy is in every aspect of community life. Unique social and wellness opportunities strengthen the mind, body and spirit.

For more information, call 561-232-6700 or go to mylaposada.com.

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Photos Courtesy of La Posada