

Parc Communities Celebrated Active Aging Week with a Variety of Events at Their Atlanta Retirement Communities

During September, active seniors took part in the "Passport to Active Aging" programs including various wellness seminars and activities.

Parc Communities celebrated Active Aging Week 2009 in September with a wide variety of wellness events. Throughout the week, events at the Atlanta retirement communities included health fairs, Lunch-n-Learns, flu shots and mobile mammography. The week concluded with the Passport Ball at Parc at Buckhead, an elegant event where the King and Queen of the Ball were crowned.

The theme for Active Aging Week was "Passport to Active Aging". The seminars and activities encouraged thirty minutes per day of activity and focused on how activity can help you live stronger and longer. A variety of health and wellness providers participated in the events including Kaiser Permanente, Gwinnett Medical Center and St. Joseph's Hospital. Kaiser Permanente presented the interactive drama, "Seniors and Acting on Stress," and one of their geriatrician's presented "It Takes 30 Minutes/Day, 5 Days/Week to Thrive". In addition, Benyamin Cohen, author of "My Jesus Year," conducted a book signing. Mr. Cohen recently appeared on Good Morning America and CNN.

Each of the health fairs covered four important aspects to well-being, which are intellectual, social, physical and spiritual. The intellectual seminar demonstrated Parc's Brain Fitness program, Posit Science software, and cognitive calisthenics.

In addition to the Active Aging Week activities, Parc Communities also worked with the **Beauty Becomes You Foundation**. This new foundation focuses on providing a positive experience for older adults and their families by fulfilling the common everyday grooming needs of seniors with limited access, opportunity and means to aesthetic care programs. All proceeds from the raffle held during the Passport Ball at the Parc at Buckhead location went towards supporting the Beauty Becomes You Foundation. CEO and Founder of the foundation, Alison O'Neil Andrew, also attended the ball.

About Parc Communities

Parc Communities (Parc) is an Atlanta, GA based company that focuses on the development and operation of upscale housing for active retirement age seniors in the Southern United States.

Parc Communities currently operates Atlanta retirement communities in the Buckhead, East Cobb, Duluth and Alpharetta areas of metropolitan Atlanta, with plans to develop additional communities in other locations in the Southern United States.

Dedicated to the proposition of providing residents with the premier value in independent senior living, Parc Communities has established itself as the leader in hospitality-oriented Atlanta retirement communities for active and seniors. For more information on Parc Communities, please visit our website at parccommunities.com.