Avamere at Hillsboro Opens WellConnect – An Exercise and Wellness Center for Local Seniors

July 11, 2013 – Hillsboro, Oregon – In the spirit of its mission to enhance the life of every person they serve, Avamere at Hillsboro has opened WellConnect to the public – a newly refurbished wellness and fitness area in the independent and assisted senior living campus located at 2000 SE 30th Ave. WellConnect offers fitness classes, educational material, and has free-weights, exercise machines, and a recumbent bike designed specifically for seniors.

An open house will be held on July 16th from 2pm – 5pm. The staff at Avamere at Hillsboro welcomes you to join them for healthy, nutritious refreshments and a chance to experience WellConnect.

According to Wendy Wood, Director of Marketing for Avamere at Hillsboro, WellConnect has a strong focus on senior health education. "Our experienced staff of health experts hosts weekly workout and instructional programs for area seniors on topics ranging from exercise training to daily nutrition." There is also a health resource library for residents and visitors to read wellness-related literature, and nutrition information.

The exercise classes – led by the Life Enrichment Director – are free and open to area seniors. Daily fitness sessions range from chair yoga to using exercise balls and hand weights for core strengthening. One of the most popular classes at WellConnect is Tai Chi, put on by local instructor Dave Barrett, who specializes in the spiritually meditative practice.

Infinity Rehab, a member of the Avamere Family of Companies, provides outpatient physical, occupational, and speech therapy consultations. The area is modified to allow wheelchair access to workout equipment.

About Avamere at Hillsboro

Avamere at Hillsboro was built in 2000. Since then, the Independent Living and Assisted Living provider has led Hillsboro's senior housing market. Being a part of the Avamere Family of Companies allows them to provide to residents comprehensive clinical services such as memory care, therapy, home health, and hospice. Avamere at Hillsboro's commitment to quality care has been recognized on a national level by the American Health Care Association as a recipient of the Bronze National Quality Award.

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To schedule a tour or an interview, please contact Wendy Wood at (###) ###-#### or WWood@avamere.com