



FRANKE TOBEY JONES
Enjoy your age

NEWS RELEASE

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For Immediate Release

Walk to Stop Diabetes Franke Tobey Jones forms Step Out Team

Franke Tobey Jones retirement community has recently formed a Step Out Team to walk and raise money for the American Diabetes Association signature fundraising walk, Step Out: Walk to Stop Diabetes. This event will be held at Pt. Defiance Park on October 8th at 9:00 a.m.

“Every step we take and every dollar we raise will make a difference for some of the 25.8 million Americans living with Diabetes,” says Serena Smith, Wellness Director at Franke Tobey Jones. “Franke Tobey Jones is a leader in Senior Wellness in Pierce County, and our involvement with the Diabetes walk is directly tied to our passion for health and wellness. We are excited to have our residents, team members and their family and friends participate as we walk toward health.”

What can you do to help?

- Join our team and help us stop Diabetes by raising funds to reach our goal! Go to http://main.diabetes.org/goto/ftj_walks
- Make a donation to support one our team members! No matter how small or large, your generous donation will help us stop diabetes.
- Train with us to help prepare for the Step Out in neighboring Pt. Defiance Park on Oct. 8. That's less than a month away!

Either way, you will be helping the Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure.

Recent studies indicate that older adults who are active and socially engaged maintain their independence, improve physical and mental functioning, stay healthier and live happier more complete

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lives. Based upon these ideas, Franke Tobey Jones offers a multifaceted Wellness Program that improves quality of life. This includes numerous classes ranging from low impact aerobics to Zumba and Tai Ch and strength classes for all levels in our 6,000 square foot M. J. Wicks Wellness Center. The Wellness Program at Franke Tobey Jones is available to community members on an space-available basis for a nominal monthly fee. In addition to the use of the MJ Wicks Family Wellness Center, community seniors can also join classes held at the Pt. Defiance~Ruston Senior Center.

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Established in 1924, Franke Tobey Jones is a nonprofit 501(c)3 organization. As a Continuing Care Retirement Community, it offers multiple residences for active retirees, assisted living, 24-hour health care and memory support. Franke Tobey Jones offers innovative programs and services for both residents and community members, including the Wellness Center, Senior University and Pt Defiance Sr. Center. Visit Franke Tobey Jones online at www.FrankeTobeyJones.com and on Facebook at [Facebook.com/FrankeTobeyJones](https://www.facebook.com/FrankeTobeyJones).