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FOR IMMEDIATE RELEASE

Franke Tobey Jones Hosts 4th Annual Wellness Walk and Health Fair

The Franke Tobey Jones Wellness Walk and Health Fair will take place on Friday September 11th and is free to the public. It's open to all Franke Tobey Jones Wellness participants, residents of Franke Tobey Jones and the community at large as long as the participant is 55 or better. The Wellness Walk is a one hour event, and there is the option of walking 1/8th of a mile to one mile on, and around our campus. The walk will start at 10:00 a.m. at the Duplex Gazebo, and stop at 11:00 a.m. or earlier depending on how long each participant is comfortable walking. The Wellness Walk and Health Fair will end at noon.

The Health Fair will be open during and after the walk. Talk to health care professionals and pickup brochures regarding a variety of wellness topics. If you have not yet joined our Wellness program, which is open to the community at large, this is an easy way to find out more about it in a relaxed friendly atmosphere. Talk with those already participating and learn how to be a healthier, less stressed well person.

Sodexo will once again be sponsoring the Wellness Walk. The 2009 Wellness Walk t-shirts are available to all participants. If you would like to participate in the Wellness Walk and receive a t-shirt, please call (253) 756-626 by August 6th, leave your name and the size of shirt you wear small through XXL, keeping in mind that they do run about a size small. If it's convenient, please stop by the Franke Tobey Jones Wellness Center a few days prior to the Walk to pick up your shirt.

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Established in 1924, Franke Tobey Jones is a non-profit organization and public charity. Tudor-style residences are located on 20 acres of beautifully landscaped grounds adjacent to 700-acre Pt. Defiance Park in Tacoma's historic North End. As a Continuing Care Retirement Community, Franke Tobey Jones offers multiple Independent residences for active retirees, with the peace of mind of lovely Assisted Living, 24-hour Health Care and Memory Care facilities steps away. The 6,000 sq. ft. Wellness Center, Bistro Café, Beauty Shops, engaging activity calendar, putting green and Senior University round out the picture of gracious and energetic retirement living.