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Seniors Accomplish Fitness Challenge at Doylestown Retirement Community



Susan Pajer, Exercise Specialist (left) and Pattie Beans-Clark, Wellness Director (far right) pose with successful graduates of “Be Your Best,” a year-long program of structured fitness and wellness activities for residents of Wesley Enhanced Living at Heritage Towers. Graduates include (left to right): Margaret Moyer, Ruby Feild, Bubbles Weber and Nalda Strumfels.

Photo Credit: Wesley Enhanced Living at Heritage Towers

DOYLESTOWN, Pa., December 16, 2009- Residents from the Wesley Enhanced Living (WEL) at Heritage Towers retirement community recently celebrated the conclusion of a year-long exercise and wellness program with a special graduation ceremony. Entitled “Be Your Best,” the program drew participation from close to 50 residents who ranged in

age from 79-98. Over the year, participants completed activities among four modules: Be Nourished, Be Active, Be Renewed and Be Strong. During the graduation ceremony, participants received a “Be Your Best” certificate and enjoyed a fitness activity led by local fitness instructor Aaron Oberst, a.k.a. “Dr. Drill.”

For more information at Wesley Enhanced Living at Heritage Towers, please visit www.wel.org.

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Wesley Enhanced Living

Wesley Enhanced Living (WEL) continuing care retirement communities are non-profit and faith-based with a mission to deliver a purposeful life to residents. Serving over 1,000, with more than 600 employees throughout Pennsylvania, Wesley Enhanced Living in Doylestown, Hatboro, Pennypack Park, Burholme and Brodheadsville provide independent living, personal care, dementia care, and skilled nursing services. The organization also manages two HUD subsidized housing facilities for seniors, Meadow House and Manor Glen, in the Philadelphia region. Wesley Enhanced Living is headquartered in Southampton, Pennsylvania. For more information, call: 215.354.0565, or visit www.wel.org or www.facebook.com/wesleyenhancedliving.