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### West Delray community hosts health and wellness fair

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West Delray's Villa Borghese senior community recently hosted a health and wellness fair in its clubhouse in partnership with Total Health Systems.

"As we age, our health is of the utmost importance," said Maris Newmark, the community's social director. "This health and wellness fair brings information to our residents about staying healthy throughout the year."

Lisa Cook, of Delray Medical Center, brought several guest speakers, who presented lectures on sleep disorders, anti-aging, nutrition, and women and heart disease.

The hospital also brought lab technicians, who provided free blood screenings for attendees. Tara Fullmer of Total Health demonstrated tai chi to an interested group of residents.

Among the 19 exhibit tables, residents could learn about Lifeline pendant alert systems, skin care, get a balance screening, have their feet and ankles checked out, learn about teeth whitening, and get a massage.

"We are constantly interested in the health and welfare of our residents, so they can maintain their active lifestyle," said Herb Jarecki, the community's vice president. "Today's fair brings us the resources we need to stay healthy."

Residents said the event provided big benefits.

"This fair is informative," Irv Oberweis said. "The vendors are doing a good job. I just wish more of them would wear a uniform or company shirt instead of street clothes. They would look much more professional."

"I found all the exhibitors professional and informative," Nate Goldman said. "Every community should have a health fair at least once a year. It's beneficial to the residents."

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