



## **For Immediate Release**

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### **Zumba® Gold Comes to Devon Oaks**

#### ***Innovative and Fun Program Benefits Older Adults with Varied Abilities***

**CLEVELAND – June 24, 2009 – Devon Oaks** assisted living community, located at 2345 Crocker Road in Westlake, is offering the **Zumba Gold** program from 10:30 a.m. to 11:30 a.m. on July 6 and 20, and Aug. 3, 17 and 31. Classes are taught by Certified Zumba Gold Instructor Amy Annico and are **free and open to the public. Lunch will be served** following the program. To reserve a place in class, please contact Carrie Zdilla at (440) 250-2300 or [czdilla@elizajen.org](mailto:czdilla@elizajen.org).

Zumba® Gold is designed to improve balance, strength, flexibility and cardiovascular strength with its unique program incorporating Latin rhythms. Routines are easy to learn and follow so that success can be achieved quickly. Zumba Gold is geared towards active older adults AND those who want to become more active, including those who may require chairs or wheelchairs. The lively music offers opportunities to move with joy and have fun.

#### **About Eliza Jennings Senior Care Network**

Eliza Jennings Senior Care Network, a not-for-profit organization celebrating 120 years of exceptional service and care for older adults, manages Eliza Jennings, the organization's flagship community in Cleveland; The Renaissance, a premier senior campus in Olmsted Township; and Devon Oaks, an assisted living community in Westlake. The Network also offers community-based services through Signal<sup>sm</sup>, a geriatric assessment program, Acacia Place, an adult day center, and Eliza Jennings at Home<sup>sm</sup>, a home health service. For more information about Eliza Jennings Senior Care Network or any of its programs and services, visit [www.elizajennings.org](http://www.elizajennings.org) or call (216) 226-5000.

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