



FOR IMMEDIATE RELEASE

GRAND OPENING OF THE SOUTHERLANDS CAFÉ AND WELLNESS CENTER

October 15, 2009, Front Royal, VA – The Southerlands Retirement Community welcomed the public to its Grand Opening celebration of its Café and Wellness Center. These new services and amenities allow retirees residing at The Southerlands to experience a quality dining experience in a casual atmosphere, as well as to improve overall health through fitness and rehabilitative services. Several members of The Southerlands priority list shared in the celebration by tasting a sampling of the new menus and touring the community. Michael Williams, administrator of The Southerlands, spoke of the new and exciting changes occurring within the community. He stated, “I believe that our new Café and Wellness Center shall provide our residents with more opportunities to socialize and enjoy one another’s company in addition to improving their health and well-being. As our family here continues to grow, we will expand our services to enhance the retirement lifestyle and look forward to more changes to come. We were very pleased with the turnout for our Grand Opening of The Southerlands Cafe and Wellness Center. Despite the weather, those in attendance seemed enthused with the new amenities and services our community has added. These new areas really compliment the already high-quality service provided by The Southerlands.”

It is the mission of The Southerlands to provide exceptional service to its residents while offering a gracious and secure lifestyle promoting growth, creativity, and independence. Designed for the needs of residents over the age of 60, The Southerlands offers all services and amenities one would expect, combined with an easy lifestyle in a scenic community.

(The Southerlands Retirement Community opened in 1996 by three local businessmen, Courtney Carbaugh, Gray Blanton, and Dr. James Williams, as the premier continuing care retirement community for residents of the Shenandoah Valley. It has been the number one choice for carefree, comfortable retirement living with its services, amenities, and scenic location.)

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For more information regarding The Southerlands Retirement Community and its grand opening celebration, please contact:

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