



June 2, 2014

For Immediate Release

MOUNTAIN VIEW SENIORS' HOUSING ANNOUNCES OPENING OF NEW FITNESS CENTRE AT MOUNT VIEW LODGE LOCATION

Mountain View Seniors' Housing is proud to announce the grand opening of a new fitness centre at its Mount View Lodge in Olds, Alberta.

The fitness centre will feature a cardio as well as ample floor space for stretching exercises and use of other popular exercise accessories. Mountain View Seniors' Housing understands that our seniors are staying healthier and living longer, and the new fitness centre will provide an easy and enjoyable way for Lodge and Life Lease residents to stick with a healthy lifestyle, in a social and positive atmosphere.

The MVSH Board welcomes everyone to join us for a ribbon cutting ceremony this Thursday June 5, 2014 at 11:00 am at the Mount View Lodge fitness centre.

Mountain View Seniors' Housing

Mountain View Seniors' Housing is a non-profit organization operating under Ministerial Order from the province of Alberta and regulated by the Alberta Housing Act. MVSH is also a registered charity. We operate seniors' lodges and life lease, seniors' self-contained apartments and subsidized family housing. Our organization is governed by a seven member Board of Directors with representatives from the Town of Carstairs, Didsbury, Olds, Sundre, Village of Cremona and Mountain View County.

Our Vision – *We enhance lives by providing quality care and self-sustainable living through innovative leadership.*

Our Mission – *We provide quality, safe, self sustainable living and support services while promoting a healthy and independent lifestyle. Mountain View Seniors' Housing is a non-profit organization committed to enhancing the lives of seniors in our community. We operate seniors' lodges, seniors' self-contained apartments and subsidized family housing, striving to provide the highest level of service and support in friendly, home-like environments.*

For more information, media may contact:

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