

FOR IMMEDIATE RELEASE:

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TRADITIONS OF AMERICA PLANS WELLNESS EVENTS.

(BUILDER PROVIDES RESOURCES AND TIPS FOR LIVING BETTER)

Radnor, PA – February 17, 2010 – Traditions of America, the leader in 55+ Lifestyle Communities, announces today upcoming wellness events at each of its five communities throughout Pennsylvania. Events are scheduled to provide an exciting, informative day of educational, hands-on activities and resources to help attendees live better, happier, more balanced lives. All Traditions of America “Wellness Day” events are free and open to the public.

As the leading builder and developer of 55+ communities in each of its five geographical markets, Traditions of America offers residents a resort-like lifestyle in which they are free to pursue their dreams, passions and desires. The Traditions of America lifestyle means no shoveling of snow, mowing of lawns, or other yard maintenance. Traditions of America Managing Director, Tim McCarthy, stresses that fewer maintenance chores leave time for activities that are more important to their customers. “Our homeowners – almost universally – report they have chosen an Active Lifestyle community because they want to live better, healthier lives replete with social, physical, relational and emotional wellness” says McCarthy. “Our Wellness Day promotions provide attendees a sample of the holistic approach to living better that our residents pursue every day.”

Specific events will vary among individual communities, but may include yoga, tai chi, and other exercise demonstrations. Nutritionists and chefs will be on hand to discuss the latest in healthy meal choices, provide cooking demonstrations, and educate guests about the health benefits of items ranging from wines to super fruits. Fitness professionals will discuss how to beat the winter doldrums, as medical professionals provide basic evaluations,

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screenings, and advice. Guests will even be able to enjoy the latest in videogame fitness with the Nintendo Wii. For those most in need of a break, chair massages will be offered, and local spas will be detailing their offerings.

Guests need not make an appointment to attend, but should check with their preferred Traditions of America community to learn more about specific schedules of events. Wellness Day events will run from 10 a.m. to 4 p.m. on their designated date. Dates vary by community, with each taking place the weekend of February 20 or 27 and April 18:

Saturday, February 20	Traditions of America at Liberty Hill	State College area
Sunday, February 21	Traditions of America at Silver Spring	Mechanicsburg
Sunday, February 21	Traditions of America at Silver Spring	Lancaster County
Sunday, February 28	Traditions of America at Hanover	Bethlehem/Lehigh Valley
Sunday, April 18	Traditions of America at Liberty Hills	Pittsburgh area – North Hills

Contact information for the information center at each community is available at www.TraditionsofAmerica.com.

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Traditions of America is based in Radnor, Pennsylvania. It has a successful 20-year track record of developing award winning Lifestyle Communities and building the finest maintenance free homes for people age 55 and better. Nationally recognized as a leader in this growing industry, the firm has built communities in Pennsylvania, New Jersey, and Delaware. Traditions of America is currently selling homes in five Pennsylvania communities – Liberty Hill (State College area), Hanover (Lehigh Valley), Silver Spring (Harrisburg Area), Mount Joy (Lancaster area) and Liberty Hills (Pittsburgh area).

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