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**FOR IMMEDIATE RELEASE:**

**Mather LifeWays Recognized for Commitment to Wellness**

*Evanston-based Organization Wins National Wellness Award for Unique Programs*

**Evanston, Ill. (January 30, 2007)** – Mather LifeWays, a not-for-profit organization dedicated to creating ways to age well, has announced that it has received the 2007 NuStep Pinnacle Award for excellence in senior wellness/fitness programming at Mather’s—More Than a Café, a destination where older adults can enjoy food, lifelong learning programs and classes focused on well-being. The award will be presented to Mather LifeWays today at the Café on 83<sup>rd</sup> Street, on Chicago’s South Side.

“The 2007 Pinnacle Award winners provide breakthrough health and wellness programs to older adults; NuStep is pleased to recognize the dedication and professionalism of these leaders who are models in the industry,” said Steve Sarns, NuStep vice president of sales and marketing. “Mather LifeWays offers a supportive group atmosphere and a unique intergenerational approach that set it apart from other facilities competing for this year’s Pinnacle Award.”

The Café provides a full range of ongoing wellness education structured around a whole-person wellness model and its six dimensions of wellness: physical, social, emotional, vocational, spiritual and intellectual. Customers can enjoy everything from a healthy, freshly prepared meal to a museum outing or easy-to-understand computer class. In addition, the Café offers programs that help older adults create and maintain active lifestyles, such as weekly jazzercise, line dancing, yoga and tai chi classes. Many of the programs are created in conjunction with Mather LifeWays Institute on Aging, which is dedicated to researching, identifying and sharing best practices for enhancing the lives of older adults.

“Today’s older adults are seeking the tools to live healthier lifestyles,” said Carla Windhorst, vice president of community initiatives for Mather LifeWays. “Providing an ageless,

inviting atmosphere that allows them to comfortably engage with one another and their community is part of how Mather LifeWays creates ways to age well.”

Mather’s—More Than a Café on 83<sup>rd</sup> will receive a NuStep TRS 4000 Recumbent Crosstrainer, a NuStep Pinnacle Award trophy and recognition at the Athletic Business/International Council on Active Aging (ICAA) Conference next fall.

In addition to the Café on 83<sup>rd</sup> Street, Mather LifeWays operates three additional Cafés in the Chicago area:

- 7134 W. Higgins Avenue at Higgins and Harlem in Chicago
- 3235 Central Avenue at Central and Belmont in Chicago
- 52 East Northwest Highway at Northwest Highway and Mount Prospect Road in suburban Des Plaines

### **About Mather LifeWays**

*Based in Evanston, Illinois, Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup> Founded in 1941 by entrepreneur and humanitarian Alonzo Mather, Mather LifeWays is a not-for-profit organization dedicated to providing a continuum of living and care; making neighborhoods better places for older adults to live, work, learn, contribute, and play; and identifying, implementing, and sharing best practices for wellness, workforce issues, memory care support, and empowering caregivers. To learn more about our senior residences, community initiatives, and Institute on Aging, please call (847) 492-7500 or find your Way to [www.matherlifeways.com](http://www.matherlifeways.com).*

### **About NuStep**

*With headquarters in Ann Arbor, Michigan, NuStep is the maker of the NuStep TRS 4000 Recumbent Cross Trainer. This patented machine was developed by an exercise physiologist to help people stay in motion regardless of physical condition. The company’s products are in use at fitness, wellness and rehabilitation centers across the country, including The Mayo Clinic, the University of Michigan, the Cleveland Clinic and the Duke Center for Living. For more information, call 1-800-322-2209 or log onto [www.nustep.com](http://www.nustep.com).*

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