

## PRESS RELEASE

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FOR IMMEDIATE RELEASE  
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### MOLDAW RESIDENCES HOSTS LONGEVITY AND HEALTHY AGING EXPERT DR. WALTER BORTZ, AUTHOR OF *THE ROADMAP TO 100*

Palo Alto, CALIFORNIA Oct. 7, 2015: Moldaw Residences recently welcomed **Dr. Walter M. Bortz II**, author of *The Roadmap to 100*, for an exclusive event during which he spread his enthusiasm for living a healthy and robust life. Bortz discussed his cutting-edge research that has shown the key to living better longer is not genetics but staying engaged in social, physical and professional activities. A marathoner for more than 40 years, Dr. Bortz is always one to practice what he preaches. Bortz inspired the residents and invited guests as he spoke about the key to a long and fulfilling life.

“We were thrilled to have Dr. Bortz come and share what he has learned through his extensive research,” said **Kevin Hogan, executive director of Moldaw Residences**. “We know that it is critical to stay engaged and involved as we age, and residents here have that opportunity to participate in an active and inspiring lifestyle each and every day. Dr. Bortz’s research shows that being connected to others can make a real difference, and our residents know this firsthand.”

Dr. Bortz, M.D., is a clinical professor of medicine at Stanford University School of Medicine and has made appearances on *The Today Show*, *Good Morning America* and *CNN* and has spoken to the U.S. House of Representatives.

Recognized as one of America’s most distinguished scientific experts on longevity, Dr. Bortz has conducted research which has focused on the importance of physical exercise in the promotion of robust aging. Dr. Bortz has written more than 130 medical articles for such publications as *JAMA*, *Annals of Internal Medicine*, *The New England Journal of Medicine*, *American Journal of Public Health* and *Journal of Biological Chemistry*, as well as articles for lay publications such as *The New York Times*, *Washington Post*, *San Francisco Chronicle* and *Town & Country*. He is a regular columnist for *Runner’s World* and the *Diabetes Wellness Letter* and has authored or coauthored seven books.

An avid runner, the 85-year old Dr. Bortz runs an average of 16 miles per week and has run 44 marathons, including the 2008 New York Marathon and the 2010 Boston Marathon. Bortz definitely lives by his own advice, “It is never too late to start, but it is always too soon to stop.”

Bortz spent time with the residents and guests of Moldaw Residences signing copies of his book for them after his presentation.

**Note to media:** If you are interested in covering this story and/or arranging an interview with Dr. Bortz, email Gabrielle Wallace at [gwallace@fortegroupinc.com](mailto:gwallace@fortegroupinc.com) or call (214) 890-7912, ext. 41 or contact Amy Jones at [ajones@fortegroupinc.com](mailto:ajones@fortegroupinc.com), or at ext. 30.

## ABOUT MOLDAW RESIDENCES

Moldaw Residences is an innovative retirement community located at the 8.5 acre Taube Koret Campus for Jewish Life, adjacent to the 130,000 square foot Oshman Family Jewish Community Center. As a continuing care retirement community (CCRC), Moldaw Residences enables older adults to age in place by providing independent living, assisted living and memory support. Opened in 2009, Moldaw Residences offers 193 maintenance free, spacious apartment homes and extensive social and cultural amenities. Affiliated with the Jewish Senior Living Group, it is open to all faiths, ethnicities, and racial background.

For more information about Moldaw Residences of Palo Alto, visit [www.moldaw.org](http://www.moldaw.org) or call (800) 873-9614.

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