



Cooper Aerobics™
HEALTH & WELLNESS

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**Buckner Senior Living, Cooper Aerobics
Collaborating on Wellness Program for Ventana**

DALLAS, May 12, 2018—Buckner Senior Living and Cooper Aerobics announced May 11 a collaboration to bring top health and wellness initiatives to **Ventana by Buckner**, Dallas' first high-rise luxury Life Care community under construction at Northwest Highway and Central Expressway.

Future Ventana residents, along with key personnel from Cooper Aerobics and Buckner Senior Living, gathered May 11 at Cooper Aerobics Center to celebrate the collaboration.

"This exciting collaboration is a blending of two unique, strong brands," said Charlie Wilson, senior vice president of Buckner Retirement Services. "Both are Dallas icons and have collectively been working to create vibrant lifestyles for active adults for nearly 115 years. Our goal is to provide the best in holistic wellness for Ventana residents, and there's no better provider to help make that happen than Cooper Aerobics."

When Ventana opens in 2019, Cooper Aerobics will provide health and wellness consulting at Ventana for all residents, manage the on-site wellness center and lead ongoing wellness initiatives throughout the community.

"We are pleased to bring nearly 48 years of research and science-based findings at Cooper to nearby Ventana residents," said Tyler Cooper, MD, MPH, president and CEO of Cooper Aerobics. "Our Cooper Wellness Strategies services provide organizations with wellness programming, fitness center management and consulting opportunities to help their people lead longer, more productive lives."

Located at the intersection of Central Expressway and Northwest Highway, Ventana includes:

- 186 independent living apartment homes.



A DISTINCTIVE SENIOR LIFESTYLE



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- 38 assisted living apartment homes.
- 26 specialized memory care suites.
- 48 skilled nursing accommodations.
- 24 rehabilitation accommodations.
- Multiple common areas and amenities, including several dining venues, a wellness center with an indoor pool and a Grand Hall multi-purpose space.

Ventana will join five other senior living communities operated by Buckner Retirement Services in Texas. Buckner is the second largest provider of non-profit senior living in the state and the 59th largest nationally. Visit www.ventanabybuckner.com for more details.

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For Media: Fact sheet, high-resolution renderings, and more in-depth information can be found at: <http://www.ventanabybuckner.com/members-of-the-press>

About Ventana by Buckner:

Ventana by Buckner, a Buckner Senior Living community will be a distinctive Life Care continuing care retirement community (CCRC), providing a full complement of services, amenities, and health and wellness programs. Overlooking the Park Cities and downtown Dallas, Ventana's adjacent 12-story towers will feature 186 beautifully designed apartment homes for independent living and an onsite Health Center offering assisted living, including a dedicated memory care area and skilled nursing. Buckner Senior Living, one of the largest not-for-profit senior living organizations in Texas, is part of Buckner International, an international, faith-based ministry with a 138-year presence in Dallas. Buckner currently serves more than 3,000 senior adults across Texas in five retirement communities.

About Cooper Aerobics:

Cooper Aerobics in Dallas serves as the headquarters for six health and wellness companies and a research and education nonprofit, The Cooper Institute®, founded in 1970 by Kenneth H. Cooper, MD, MPH. Cooper Aerobics is the health and wellness resource that bases its recommendations on its world-leading body of data and expertise. Through the array of services Cooper offers, millions have been inspired to make good health a habit, helping improve their quality and quantity of life. Cooper Aerobics challenges people to *Get*



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Cooperized™ by adopting a healthy living mindset and following eight health guidelines developed by Dr. Cooper. For more information, call 866.906.2667 (COOP) or visit cooperaerobics.com. Get the latest updates on the [Cooper Aerobics Facebook page](#).