

**LIFE JUST KEEPS GETTING BETTER**, doesn't it? And Overture Highlands is the perfect place to live it.

Overture Highlands is a welcoming, active adult community filled with intriguing people and countless ways to get to spend your time. All residents enjoy a gorgeous apartment home, with resort-inspired amenities and services focused on your specific needs and desires.

At Overture Highlands you can maintain your relationships, your health and fitness, and your financial independence. You can find moments of joy, or experience new learnings and pursuits. An overall feeling of joy and well-being becomes part of each day of your new active adult lifestyle. It's a location with over 30 restaurants within a one-mile radius and easy access to Interstate 20, and SH 360 and US 287. It is maintenance-free living that keeps your focus where it belongs: on enjoying life your way.

For more: [liveoverture.com/overturehighlands](http://liveoverture.com/overturehighlands).

**THE ARLINGTON WALK TO END ALZHEIMER'S** will take place at 1650 E. Randol Mill Road on Saturday, Nov. 20.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

While there is no fee to register for Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. If you'd like to take up a flower and join the local fundraising effort, visit [alz.org/walk](http://alz.org/walk).

**THE AMON G. CARTER FOUNDATION HEART AND VASCULAR CENTER**, located in the 110,000-square-foot Tower Two at Methodist Mansfield Center, expands Methodist Mansfield Medical Center's cardiology services, bringing advanced care to the heart of Mansfield and the surrounding communities.

Designed with the patient in mind, the Heart and Vascular Center provides a wide range of cardiac procedures, from open heart surgery to diagnostic and interventional cardiology. [methodisthealthsystem.org/methodist-mansfield-medical-center/](http://methodisthealthsystem.org/methodist-mansfield-medical-center/)



## JUST DANCE

Here's how several local entities are helping to ensure that the region's senior citizens can make the most of their Golden Years

Dr. Kenyon Godwin, founder of Active Family Wellness Centers in Arlington, has joined a new team of healthcare providers: **CURIS FUNCTIONAL HEALTH**.

Though the name has changed, the services provided to seniors by Dr. Godwin and his stellar team remain a local godsend. In fact, there are even more ways seniors can get back to a normal and everyday routine - and even better life.

For more: [gocuris.com](http://gocuris.com).

**THE PILATES EFFECT** is a fully equipped Pilates Studio dedicated to the overall well being of our clients, no matter your age or previous fitness experience.

Our goal is to increase our clients' quality of life and to develop all muscles, transforming their body to the fullest, achieving personal fitness goals and improving your everyday physical lifestyle. By only focusing on the superficial larger muscle groups, there are so many deep muscular stabilizers beneath not being developed or utilized.

By concentrating on these muscles using the Pilates principles, over time you will create stronger, leaner muscles, improving posture, increasing core strength, mobility and stability creating benefits you will see in your everyday life. Pilates is your answer to a healthier way of fitness and lifestyle!

For more: <http://thepilateseffect.com>.