



**FOR IMMEDIATE RELEASE**  
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### **Special Webinar on How Exercise Can Prevent or Delay the Progression of Alzheimer's Disease**

Roseville, CA (Sept. 20, 2012) — One of the nation's leading providers of non-medical in-home care for seniors, Always Best Care is proud to announce a free webinar on **"Using exercise to delay or prevent the progression of Alzheimer's,"** on Tuesday, September 25, 2012. The webinar will feature a presentation by Dr. M. Kathryn Jedrziewski, Deputy Director of the Institute on Aging (IOA) at the University of Pennsylvania, who will discuss the role of exercise in delaying or preventing the progression of Alzheimer's. A former Director of Penn Partners in Healthy Living (PPHL), Dr. Jedrziewski has 25 years' experience in the areas of gerontology and geriatrics.

The program will be take place from 9 a.m.-10 a.m. PDT (Noon-1 p.m. EDT). Although the webinar is free of charge, space is limited, and prospective attendees are encouraged to sign up ASAP at <https://www1.gotomeeting.com/register/461071897>.

This webinar highlights Always Best Care's continuing dedication to providing high-quality non-medical in-home care solutions for the senior population, veterans, and other persons requiring assistance in the activities of daily living. Always Best Care provides each client a personalized plan of action.

Always Best Care is one of the nation's leading providers of non-medical in-home care, assisted living placement services and skilled home health care. The company delivers its services through an international network of more than 150 independently owned and operated franchises and area representative offices, making its expert advisory and referral services readily available to persons throughout the United States and within the Toronto area in Canada.

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For further information, visit [www.alwaysbestcare.com](http://www.alwaysbestcare.com) or follow the company on Facebook or Twitter.

For information on Always Best Care franchise opportunities, contact Steve Marcus, Vice President, Franchise Development, at [franchisesales@abc-seniors.com](mailto:franchisesales@abc-seniors.com), or visit [www.franchisewithalwaysbestcare.com](http://www.franchisewithalwaysbestcare.com).

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**About Always Best Care**

Always Best Care Senior Services, ([www.alwaysbestcare.com](http://www.alwaysbestcare.com)), founded in 1996 by Michael Newman, is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care. Franchise opportunities are available to individuals interested in leveraging the company's clear strategy and proven track record for delivering affordable, dependable service to area seniors.