



Calendar Notice

Sept. 18, 2013
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New SAIL class, balance testing offered at Touchmark during Active Aging Week

VANCOUVER, Wash. — The most advanced version of balance assessment technology available in Clark County will be featured at this year's Active Aging Week activities at Touchmark at Fairway Village.

In addition to the demonstration of the new NeuroCom® Balance Master® assessment and rehabilitation system, wellness offerings include functional fitness assessments, fitness class demonstrations, healthy snacks and a demonstration of the new SAIL (Stay Active & Independent for Life) class.

All activities will take place Friday, Sept. 27, from 10 a.m. to 2 p.m. at Touchmark Health & Fitness Club, 2927 SE Village Loop. There is no charge, but space is limited. Please call 360-433-6400 to RSVP.

The Balance Master is one of the most advanced tools of its kind. Through interactive computer technology, the system identifies and evaluates a person's unique balance and movement patterns. Using this information, the equipment-trained fitness expert can then design customized treatment plans. The system also has the capability to offer real-time, instant visual biofeedback as people perform the exercises.

In addition, Touchmark's version includes NeuroGames™ software that allows people to "play" computerized games by shifting their center of gravity. This also exercises the brain, and recent research has shown performing simultaneous physical and mental exercises is one of the best brain-health activities there is.

According to the American Academy of Orthopedic Surgeons, 33-50 percent of people over age 65 fall each year; many repeatedly. Dizziness is also one of the leading complaints heard by physicians from their older patients.

SAIL is an evidence-based, comprehensive program developed as a result of Washington State Department of Health's Senior Falls Prevention Study from 2003 – 2005, which focused on adults 65 and older. The program is endorsed by the state, NIH and other scientific professionals and organizations. Touchmark is the first club to offer the program in Clark County.

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TOUCHMARK *at Fairway Village*

2911 SE Village Loop • Vancouver, WA 98683
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Touchmark at Fairway Village offers people 55-plus years a full life. As a full-service retirement community, it offers a wide range of retirement homes, lifestyle options and services, including the on-site Touchmark Health & Fitness Club for people age 40 and up. More information is available at Touchmark.com.

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