

NEWS RELEASE



For immediate release

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Touchmark celebrates Active Aging Week *Experts to discuss Active Aging, Participants Walk-A-Mile*

MERIDIAN, Idaho — Touchmark at Meadow Lake Village is celebrating Active Aging Week this week with a number of activities to promote an active lifestyle. The week features a lineup of speakers, including professionals in medical imaging, specialists in Parkinson’s disease and a sleep expert. The week’s highlight event is a mile walk.

“Many of our events and activities have come as a result of direct input and requests from active residents,” said Ann Upchurch, life enrichment/wellness director, Touchmark. “Active Aging week is about gaining insight into our most valuable asset – our health – and celebrating that.”

The range of activities and events during Active Aging Week includes:

Medical Imaging – Tuesday, September 24, 10 a.m.

- Radiology technologist Estelle Peak with Gem State Radiology, will present on radiology and imaging. Peak will describe the various types of imaging, why they are requested and how they are used.

Walk a Mile – Wednesday, September 25, 9 a.m.

- This community-wide event begins with registration. People will be issued a bib, and their times recorded. The walk gets under way at 9:30.

Full Wellness – Thursday, September 26,

- 10 a.m.: Parkinson’s Movement Exercise Class. Michelle Swantek will introduce this class designed to benefit those with Parkinson’s disease and other movement disorders. Touchmark’s goal is to introduce regularly scheduled classes in the fall.
- 11 a.m.: Beyond Counting Sheep. Michelle Brown, a registered polysomnographic technologist with St. Luke’s Sleep Medicine Institute, will discuss common sleep disorders and treatment options

About Touchmark at Meadow Lake Village:

A full-service retirement community, Touchmark at Meadow Lake Village is an award-winning retirement community offering a range of homes and lifestyle options. More information is available at Touchmark.com.

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TOUCHMARK *at Meadow Lake Village*

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