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Touchmark invites public to attend Wellness presentation

BISMARCK, N.D. — Touchmark on West Century invites the public to attend a presentation called "Have a Joy{FULL} Existence Through Wellness," by Dianna Lawrence, certified wellness professional.

The presentation will cover the seven dimensions of wellness, which include your Emotional, Environmental, Intellectual, Occupational, Physical, Spiritual and Social wellness. "Everything we do and every emotion we feel impacts our well-being," said Lawrence. "Wellness is meeting you where you are on your path to health. It is an active process, because we constantly change and grow as we become aware of and make lifestyle choices."

The presentation will be held at Touchmark, 1000 West Century Avenue in Bismarck, on Thursday, July 2 at 1 p.m. For more information and to RSVP for the event, call 701-323-7000.

"Wellness is so important and so much more than being free of illness," said Lawrence. "We need to learn how to nourish our mind, body and spirit to optimize our well-being, helping to live a more fulfilling life."

About Dianna Lawrence
Lawrence is passionate about lifestyle and wellness and working with people to help improve their health and well-being. She is responsible for developing and supporting Touchmark's Full Life Wellness & Life Enrichment Program™ and encouraging wellness among residents, health and fitness club members, and team members. Dianna is a certified wellness professional through the Wellness Council of America and exercise specialist through the American College of Sports Medicine.

About Touchmark
A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit Touchmark.com.

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