



**For immediate release**

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For more information:

Michelle Avdienko

360-254-2866

[MEA@Touchmark.com](mailto:MEA@Touchmark.com)

## **Touchmark invites public to attend Wellness presentation**

VANCOUVER, Wash. — Touchmark at Fairway Village 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 Emotional, Environmental, Intellectual, Occupational, Physical, Spiritual and Social wellness. “Everything we do and every emotion we feel affects 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 Thursday, Aug. 13 at 7 p.m. There is no charge for the presentation, which is open to the public. For more information, or to reserve a seat, call 360-254-2866. Touchmark is located at 2911 SE Village Loop.

“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.

**Touchmark at Fairway Village** is a full-service retirement community offering a wide range of retirement homes, lifestyle options and services, including an on-site health and fitness club for people age 40 and up. More information is available at [Touchmark.com](http://Touchmark.com).

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