



For immediate release

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Touchmark invites public to attend Wellness presentation

HELENA, Mont. – Touchmark on Saddle Drive 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 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 on Wednesday, Aug. 19 at 2 p.m. There is no charge for the presentation, which is open to the public. For more information or to make a reservation, call 449-4900. Touchmark is located at 915 Saddle Drive.

“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 Saddle Drive offers people a wide range of homes and lifestyle options, including memory care services. More information is available at Touchmark.com.

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