



For immediate release

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Organizing expert offers tips on reclaiming your health Sept. 17

VANCOUVER, Wash. — Organizing expert Vicki Norris will offer tips to “Reclaim Your Health” at Touchmark at Fairway Village during a 1:30 p.m. presentation on Thursday, Sept. 17.

For those who want to improve their health but don’t know where to begin, Norris will explain how our homes may hold clues to discovering the keys to better health.

She will cover:

- How people can be a health detective in their own home
- A process to identify and prioritize adjustments
- Steps to enhance quality of life

There is no charge to attend, but seating is limited. To RSVP or get more information, people can call Touchmark at 360-254-2866. Reservations are required by Sept. 15. This is the last of a three-part series Norris is presenting this year at Touchmark.

Light refreshments will be served. Touchmark is located at 2911 S.E. Village Loop in Vancouver’s Fisher’s Landing neighborhood.

A professional organizer, Norris is the president of Restoring Order. During the last 16 years, she has helped individuals and businesses organize their lives, homes and offices. She is also the author of the books “Reclaim Your Life and Get Organized for Good,” “Restoring Order to Your Home” and Restoring Order: Organizing Strategies to Reclaim Your Life.”

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.

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