



For immediate release

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For more information:
Marybeth Matzek
920-540-9430
mbmatzek@gmail.com

Public invited to celebrate Active Aging Week

APPLETON, Wis. —Touchmark on West Prospect is hosting several activities the week of Sept. 28 to celebrate Active Aging Week, which focuses on the positive things people can do to change the way they age.

“Active Aging Week celebrates the fact that adults over 50 can live full, enriched lives, regardless of age or health conditions,” said Touchmark Executive Director Barbara Pandolfo.

The following events are open to the public with no charge, but RSVPs are necessary by calling 920-832-9100. Touchmark is located at 2601 Touchmark Drive.

Monday, Sept. 28: Megan Hotchkiss, a physician assistant from the New Dermatology Group, will offer skin cancer screenings from 1 to 4 p.m. Each screening takes about 15 minutes. She will also provide information on skin care and screening.

Wednesday, Sept. 30: Milwaukee comedian Shawn Shelnutt will perform at 3 p.m. Shelnutt, who specializes in telling humorous stories, believes laughter is the best medicine and is prepared to keep the audience in stitches.

Thursday, Oct. 1: Sandy White from The Natural Boutique by Botanical Indulgence will discuss essential oils and teas in a workshop starting at 3 p.m. White will share how items infused with essential oils can offer balance and tranquility. She will also have tea samples and various oils available and will talk about their homeopathic and healing benefits.

About Active Aging Week

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last week of September throughout Canada and the United States and is designed to promote healthy and active lifestyles. icaa.cc/aaw.htm

About Touchmark

A full-service retirement community, Touchmark on West Prospect is a certified Best Friends Environment. Located on 40 acres directly across from the Butte des Morts Country Club, the award-winning community offers a range of homes and lifestyles. More information is available at Touchmark.com.

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