



**For immediate release**

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## **Public invited to celebrate Active Aging Week**

BEND, O.R. —Touchmark at Mt. Bachelor Village is hosting two activities the last week of September to celebrate Active Aging Week, which focuses on the positive things people can do to change the way they age.

“This celebration highlights the fact that adults over 50 can live full, enriched lives, regardless of their age or health conditions,” said Touchmark Life Enrichment/Wellness Director Anne Wilson.

The following events are open to the public with no charge. Touchmark is located at 19800 SW Touchmark Way.

### **Wednesday, Sept. 30, 3 - 4:30 p.m.**

Wellness Vendor Faire and Silent Auction

Various professionals will be on hand to offer information relating to healthy aging. A silent auction will feature handcrafted items and baked goods with proceeds going to help build freshwater wells throughout the world.

### **Thursday, Oct. 1, 2:15 - 3:15 p.m.**

“The Seven Dimensions of Optimal Aging” presented by Dr. Clara Pratt, Oregon State University professor emeritus. Dr. Pratt has nearly 30 years of experience in gerontology and has published more than 150 articles in leading medical journals.

### **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](http://icaa.cc/aaw.htm)

### **About Touchmark**

Located along the Deschutes River, Touchmark at Mt. Bachelor Village is an award-winning retirement community offering a range of homes and lifestyles. For more information, visit [www.Touchmark.com](http://www.Touchmark.com).

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