

NEWS RELEASE



For immediate release

Sept. 22, 2015

For further information:

Nanette Whitman-Holmes

Life Enrichment/Wellness Director

406-449-4900

NWH@Touchmark.com

Public invited to celebrate Active Aging Week

HELENA, Mont. – Presentations, activities, classes and fitness testing are all planned in late September at Touchmark on Saddle Drive as part of its Active Aging Week celebration.

The week kicks off Monday, Sept. 28, at 10 a.m. with the presentation “What You Should Know for the 2015-2016 Influenza Season.” Also that day, at 1 p.m. there is a “Super Brain Builders” workshop with drawings for prizes.

On Tuesday, Sept. 29, the celebration starts with a 10 a.m. Fun & Fit Exercise class followed by a 2 p.m. “Fall Prevention and Recovery” seminar and a 3:30 p.m. Guided Imagery & Relaxation class.

Brain Builders is offered at 1 p.m. on Wednesday, Sept. 30, followed by a Hand Reflexology session at 2 p.m.

Senior Fitness Testing with UM-Helena nursing students takes place Thursday, Oct. 1, from 9 to 11:30 p.m. At 4 p.m. that day, jazz musician Mark Dixon will perform during a red wine tasting with healthy appetizers.

There is no charge for any of these activities or classes, and no reservation is necessary. For more information, call Life Enrichment/Wellness Director Nanette Whitman-Holmes at 406-449-4900.

The week’s celebration will conclude Friday, Oct. 2, with a trip to the Charles M. Bair Family Museum and lunch at the Crazy Mountain Inn in Martinsdale. Museum admission is \$3 plus the cost of lunch. Transportation will be provided from Touchmark at 8:30 a.m. Reservations are necessary by calling 406-449-4900.

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 at the end of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

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.

-end-

TOUCHMARK ON SADDLE DRIVE
Full-service Retirement Community
915 Saddle Drive • Helena, MT 59601
406-449-4900 • Touchmark.com