

# NEWS RELEASE



For immediate release

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For further information:

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## **Exercise for people with dementia offered at Touchmark**

HELENA, Mont. – People caring for those with Alzheimer’s disease or other dementia are invited to “The Benefits of Exercise for People with Dementia” on Friday, Oct. 2, at 11 a.m. at Touchmark on Saddle Drive in Helena.

Nanette Whitman-Holmes, Touchmark’s Life Enrichment/Wellness director, will explain how exercise is beneficial for both physical and mental health and can enhance the quality of life for those living with dementia. She will also share suitable exercises and physical activities for people in different stages of the disease.

“Physical activities are sometimes defined as those that increase your heart rate and cause you to breathe more deeply,” says Whitman-Holmes. “This includes everyday activities such as walking, gardening or dancing as well as sports and exercises with the specific aim of improving fitness.”

There is no charge for the talk, which is open to the public. Registration is requested by Oct. 1 by calling 449-4900. Touchmark is located at 915 Saddle Drive.

### **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](http://Touchmark.com).

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*Full-service Retirement Community*  
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