



Anne Wilson

Life Enrichment/Wellness Director

Anne especially appreciates Touchmark's culture of growth and development. Because she is most interested in learning about people and life stories, relationships, families, and shared experiences, the best part of her days are the people. She values the opportunity to work with talented professionals and make an impact on others' lives.

Anne brings a rich background in social work, education, wellness programs, and health promotion to her position. Before joining Touchmark in 2015, she worked with the Bend Parks & Recreation and Senior Center teaching brain exercises, yoga, and fitness. Prior to that, she served as Wellness Director for Bayview Retirement Community in Seattle, Washington, and before that developed wellness programs for individuals, groups, small businesses, and corporations as an independent Wellness Education Consultant, also in Seattle. Earlier in her career, she was a mental health counselor and preschool teacher.

Anne received her Bachelor of Science in Elementary Education from East Carolina University in Greenville, North Carolina, and a Master of Arts in Counseling Psychology from City University of Seattle. She holds certifications in Yoga Alliance, Silver Sneakers, Enhance Fitness, Arthritis Foundation Aquatics, AFTA Personal Training/Group Exercise, and CPR/First Aid.

Away from work, she loves to explore the outdoors with her husband Jack and Foxi, a blue heeler and retired therapy dog. The couple also likes to entertain and spend time with friends and family. Anne is happiest when she is physically active—running, hiking, biking, paddling, and snowboarding. She has completed five marathons and several half-marathons and teaches yoga and group fitness.