

# NEWS RELEASE



## **FOR IMMEDIATE RELEASE**

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### **“When your holidays are different” — presentation offered by Touchmark**

BISMARCK, N.D. – Grief, anxiety and pain are feelings not usually associated with the holiday season, but many people deal with these issues this time of year. The feelings can be overwhelming during a time when everyone else seems to be celebrating.

Marci Narum, former TV anchor and personal coach, will provide information about how to approach the holidays following a life change on Thursday, Dec. 10 at 2 p.m. The presentation will be held at Touchmark on West Century.

You’re not alone if you sometimes wish you could skip the holidays, says Touchmark Life Enrichment Director Amy Miller. “Any change, good or bad, is usually met with a wave of emotions that isn’t always positive,” says Miller. “This presentation will help people learn how to manage their grief during the holidays—even if it’s a difficult time for them.”

There is no charge for this event, which will include a selection of holiday desserts and beverages. The public is invited to attend; Touchmark is located at 1000 West Century Ave. in Bismarck.

To RSVP or for more information, people can call Miller at 701-323-7000.

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit [Touchmark.com](http://Touchmark.com).

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