



For immediate release

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## **Have fun while exercising your brain on International Puzzle Day**

HELENA, Mont. – Touchmark on Saddle Drive invites the public to participate in International Puzzle Day on Friday, Jan. 29 and celebrate the health benefits of working on puzzles with others. Touchmark will be hosting various puzzle stations from 10 a.m. to 4 p.m. There will also be puzzle-piece crafts and art at 2 p.m., with the day concluding with puzzle-tini cocktails and singing in the lobby.

There is no charge to attend, but people are encouraged to call 449-4900 to RSVP. Touchmark is located at 915 Saddle Drive.

Puzzles, while fun and whimsical, give the brain a workout, which helps the brain maintain neural pathways reducing the risk of developing dementia. According to “BioMed,” a publisher of scientific research, “working with puzzles and other logic games helps to improve reasoning, memory and logic.”

Touchmark Life Enrichment/Wellness Director Nanette Whitman-Holmes directs Touchmark’s Brain Builders program and has earned the designation of Certified Cognitive Stimulation Instructor. “One of the biggest fears individuals face as they age is losing their mental sharpness,” she said. “Solving puzzles with others encourages social interaction and provides cognitive stimulation. The brain loves both!”

Other benefits include improving motor movements, hand-eye coordination, self-esteem and communication skills.

### **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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