

# NEWS RELEASE



**FOR IMMEDIATE RELEASE**

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## **Touchmark plans full day of activities for Wear Red Day**

FARGO, N.D. — National Wear Red Day® (Feb. 5) raises awareness about the prevalence of heart disease and stroke in women and educates women about ways they can protect their hearts. This year, Touchmark at Harwood Groves has planned a full day of activities and guest speakers, and the public is invited to attend at no charge.

Touchmark is located at 1200 Harwood Drive in Fargo. For more information or to RSVP, people can call 701-476-1200.

Heart disease is the number one killer of women. In fact, it kills more than all cancers combined, and often, women don't even know they have heart disease until they have a major cardiac episode.

“Wear Red Day encourages women to learn about their risk factors and make changes to improve their heart health,” said Anne-Marie Fitz, Touchmark Life Enrichment/Wellness director. “We want to help women live a heart-healthy lifestyle so they don't become one of the one-in-three women who die from heart disease.”

All events will take place at Touchmark at Harwood Groves, 1200 Harwood Drive S, Fargo. The day's schedule is:

**10:30 a.m. – Alycia Evenocheck, R.D.**

Learn about heart-healthy nutrition from one of Essentia Health's registered dietitians.

**11 a.m. – Heart Healthy Food Demo with Chef Joe Volske**

Touchmark's executive chef will share how to make some delicious heart-healthy recipes.

**11:45 a.m. – Lunch and Presentation**

Attendees will enjoy some heart-healthy lunch options while Jane Williams, a heart attack survivor, shares her experience.

**1 p.m. – Walk**

Participants can stretch their legs and engage in some heart-healthy exercise before settling in for the afternoon's presentations.

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TOUCHMARK AT HARWOOD GROVES  
*Full-service Retirement Community*  
1200 Harwood Drive S • Fargo, ND 58104  
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**1:30 p.m. – Relaxation and Meditation with Sarah Wilson, OTR/L**

Learn how to relax and destress through a meditation session led by one of ProRehab's occupational therapists.

**2 p.m. – “Our Environment and Our Health” with Dr. Alan Zuk**

Dr. Zuk, an associate professor at NDSU, will explain the environmental factors that can affect heart health and what to do about it.

**2:30 p.m. – “Exercise for a Healthy Heart” with Sara Johnson, ACSM, clinical exercise physiologist**

Learn about the role exercise plays in a heart-healthy lifestyle and some simple exercises that work for people of all ages.

**About Touchmark**

Touchmark at Harwood Groves offers people 55-plus years a full life. There is a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 40. For more information, visit [Touchmark.com](http://Touchmark.com).

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