



For immediate release

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Sample heart-healthy Mediterranean diet during Heart Month

(Helena, Mont.) — February is American Heart Month, and Touchmark on Saddle Drive is hosting a Mediterranean Diet Sip & Sample discussion and dinner on Thursday, Feb. 18 prepared by Executive Chef Chris Bullard.

At 4 p.m., the chef will give a presentation on the healthy and flavorful benefits of a Mediterranean diet. “This will be more than a lecture. It will be an opportunity for people to taste some of the foods from the region and learn how to pair them with wine,” explained Bullard. An appetizer of fresh vegetables with olive oil and dukkha — an Egyptian recipe of blended hazel nuts and spices — will accompany the tasting.

At 5 p.m., Bullard will serve a dinner featuring Turkish apricot-glazed salmon, oven-roasted rosemary potatoes and baked ratatouille. Dessert will be a Jordanian baklava.

Cost for the program of winetasting, dinner and dessert is \$15 per person. Space is limited; those interested in participating are asked to call Touchmark at 406-449-4900 by Monday, Feb. 15.

The Mediterranean diet offers health benefits for all but especially those 65 and older. Benefits can include increased mental acuteness and higher energy levels. It also can aid in resisting disease, improving the immune system, losing weight/preventing weight gain when paired with a routine of weight-bearing exercise, such as walking.

Bullard, who attended Colorado Mesa University, was a chef at Deer Creek Golf Course in Colorado before moving to Helena. He took over the kitchen at Touchmark this past summer.

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://www.Touchmark.com) <<http://www.Touchmark.com>>.

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