



For immediate release

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Learn about nutrition and its effects on brain health at Touchmark's Brain Health University

SIOUX FALLS, S.D. — March is National Nutrition Month, and the public is invited to “register” and participate in the second semester of Touchmark at All Saints’ Brain Health University. The first class — Snack Bar — starts on Monday, Feb. 29 at 1:30 p.m. Participants will sample brain-healthy snacks and learn which foods found at many snack bars can improve brainpower.

The semester will run through April 22, and each week will feature a different activity and information such as Name That Ingredient, Nutrition Quest — True or False, Creating Brain-healthy Recipes and more.

“There is now compelling research indicating a strong link between nutrition and cognitive health,” says Touchmark Life Enrichment/Wellness Director Randy Austin. “This course will present the latest information about essential nutrients for optimal health in a fun, relaxed setting that uses all the senses.”

All classes will be held on Mondays at 1:30 p.m. at Touchmark, 111 W. 17th Street. There is no charge for any class, but RSVPs are required to ensure adequate seating and supplies. To RSVP, call 603-335-1117.

Brain Health University is a yearlong series of six semesters presented by Touchmark addressing those issues that affect brain health. Future topics and dates are:

Social Interaction: April 25-June 17

Stress Management: June 20-Aug. 12

Physical Activity: Aug. 15-Oct. 7

Mental Stimulation: Oct. 10-Dec. 2

The first semester focused on sleep.

An award-winning retirement community, Touchmark offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. For more information, visit Touchmark.com.

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