

# NEWS RELEASE



**For immediate release**

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For further information:

Mary Beth Matzek

920-540-9430

[mbmatzek@gmail.com](mailto:mbmatzek@gmail.com)

## **Touchmark offers brain-building fitness program**

APPLETON, Wis. – Work your brain and improve your health in a fun way with an innovative exercise program offered at Touchmark on West Prospect.

Ageless Grace is a cutting-edge brain fitness program designed to improve cognitive function and physical health. The classes use 21 simple tools that address the primary factors of aging in the body while working the five areas of the brain. Participants will work on their analytical, strategic planning, memory/recall, kinesthetic learning and creativity skills during the class.

Created by Denise Medved, Ageless Grace is suitable for all ages and abilities. The exercises are based on everyday movements and focus on the healthy longevity of the body and mind.

Ageless Grace will be offered at 2:30 p.m. on April 26 at Touchmark, 2601 Touchmark Drive. There is no charge to attend; if interested in participating, please RSVP by calling 920-832-9100. Four additional classes will be scheduled in May and June.

### **About Touchmark**

Located on 40 acres directly across from the Butte des Morts Country Club, Touchmark is home to more than 150 people. The full-service retirement community offers a wide range of homes and lifestyle options.

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TOUCHMARK ON WEST PROSPECT  
*Full-service Retirement Community*  
2601 Touchmark Drive • Appleton, WI 54914  
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