



FOR IMMEDIATE RELEASE

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Touchmark offers paper shredding help to the public

BISMARCK, N.D. – Do you have a box of unused files taking up space in your garage? Don't know what to do with old receipts or tax returns? Touchmark on West Century can help.

As part of its weeklong celebration of Earth Day and Arbor Day, the full-service retirement community will assist the public in collecting and recycling paper. During the week of April 25-29, Touchmark will collect and shred recyclable paper from the public.

From 8 a.m. to 8 p.m. each day, members of the public can bring two boxes or two bags full of paper to Touchmark, which will shred and recycle the paper by working in conjunction with Waste Management of Bismarck.

As part of the week's events, Dan Cashman, third-generation owner of Cashman Nursery, will present information at 2 p.m. on Friday, April 29 about spring planting and trees. During Cashman's discussion, Touchmark will reveal how many pounds of paper were recycled during the weeklong community project and the impact it has on the environment.

The focus on the natural world is well-timed to Earth Day as well as Touchmark's April focus on the environmental dimension of wellness. Touchmark incorporates all seven dimensions of wellness in its Full Life Wellness & Life Enrichment Program, which has received national and international recognition.

About Touchmark on West Century

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit Touchmark.com.

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