



For immediate release

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For further information:

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Nationally recognized researcher, author to speak **Terry Eckmann, Ph.D., to give three presentations** **to Sioux Falls audiences**

SIOUX FALLS, S.D. — Touchmark’s “Speaking of ... ”series on aging continues this month with three presentations by Terry Eckmann, Ph.D., renowned speaker and author on aging issues. Each session will be held at Touchmark at All Saints, 111 W. 17th Street.

The presentation dates and topics are:

- **Tuesday, July 19 at 7 p.m. — Speaking of ... *Brain Boosters*.** Eckmann will introduce lifestyle choices that can nurture the health and functioning of the brain. Light refreshments will be served.
- **Wednesday, July 20 at 9:30 a.m. — Speaking of ... *Healthy Aging Survival Kit*.** Eckmann will share strategies to embrace life with a positive perspective and provide tools to survive and thrive — and make every day a great day.
- **Wednesday, July 20 at 11:30 a.m. — Speaking of ... *Movement that Matters Lunch & Learn*.** In this session, Eckmann will help attendees learn the types of movement that can positively affect arthritis, balance and cognition.

There is no charge to attend any session. Seating, though, is limited, and RSVPs are required by calling 605-335-1117. Valet parking will be available for all events.

A professor at Minot State University, Eckmann has been active in the fitness industry for 30 years. She presents internationally and writes for a variety of health/fitness publications. She has received numerous awards for her work including the NDAHPERD Honors and Instructor of the Year awards, North Dakota Picture of Health Award and the MSU Regents Award for Research and Scholarship. In addition to writing for various publications, Eckmann has written two books: “101 Ways to Age Gracefully” and “101 Brain Boosters.”

About Touchmark at All Saints

An award-winning retirement community, Touchmark at All Saints 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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TOUCHMARK AT ALL SAINTS
Full-service Retirement Community
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