

NEWS RELEASE



FOR IMMEDIATE RELEASE

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For more information/interviews:

Amy Miller

701-323-7000

AMM@Touchmark.com

Celebrate National Coloring Book Day — the adult way!

BISMARCK, N.D. — Research has shown that coloring patterns or designs can be a highly effective exercise in relaxation. Group coloring is also an opportunity to socialize with others. Adults are invited to participate in National Coloring Book Day on Tuesday, Aug. 2 at 2 p.m. at Touchmark on West Century.

Part of a bigger picture

Touchmark's celebration will be an afternoon of stress relief. Along with coloring books designed for adults and a rainbow of markers and colored pencils, there will be sangria, a light snack and hand massages offered. The finished coloring pages will become part of a paper quilt to be displayed during Touchmark's annual quilt show in the fall.

There's no charge for Coloring Book Day and no need to RSVP. Touchmark is located at 1000 West Century Avenue. The retirement community will hold additional adult coloring days Aug. 23, Sept. 13 and 27.

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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