



**For immediate release**

Aug. 4, 2016  
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## **Learn to escape stress by floating**

SIOUX FALLS, S.D. – On Monday, Aug. 8 at 1:30 p.m., Touchmark at All Saints will host a presentation about how to change a sea of stress into float-induced peace. Corey Kyle of Sioux Falls' Escape Float Spa will present *Float for Wellness*. Following the talk, those interested in having a chance to experience floating firsthand will travel to Escape Float Spa. The presentation is the last event in the stress management semester of Touchmark's Brain Health University series. RSVP required. 605-215-0747.

Floating your way to wellness is not a new concept. Float tanks, also known as sensory deprivation tanks, were first developed by John C. Lilly in 1954. More than 50 years later, the practice is enjoying resurgence in popularity as people discover the physical, mental and psychological benefits of floating.

The human senses are constantly bombarded by external stimuli from ringing phones to messages on screens virtually everywhere we look. During a 60-minute float, stimulation is substantially restricted, giving the mind a space to rest and the body an opportunity to relax.

And while a little rest is good, science tells us there are even more benefits for just about everyone – including seniors. Floating has been used effectively to treat migraines, chronic pain, fibromyalgia and mental disorders. Advocates say floating can improve circulation, relieve arthritis and joint pain, reduce chronic pain and relieve stress. Best of all, it's simple: just lie back and float.

"We're always looking for ways to enrich people's lives," said Randy Austin, Life Enrichment/Wellness director at Touchmark. "The information will be interesting, and even if people decide not to try floating at this time, we've had a great day to learn something new."

RSVP is required at 605-215-0747.

### **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](http://Touchmark.com).

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