



For immediate release

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Touchmark offers brain-building fitness program

APPLETON, Wis. – Work your brain and improve your health in a fun way on Aug. 16 with a 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 to 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 includes 21 simple exercises designed 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 Tuesday, Aug. 16 at Touchmark, located at 2601 Touchmark Drive. If interested in attending, please RSVP by calling 920-832-9100 by Aug. 15. There is no charge for the class.

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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