



For immediate release

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Explore the possibilities - Celebrate Active Aging Week 2016!

Edmonton, AB — The public is invited to take part in Active Aging Week 2016 through a variety of fun events celebrating the benefits of healthy aging. The full week of activities runs Monday, Sept. 26 through Saturday, Oct. 1.

“You’re only as young as you feel,” says Touchmark resident June Hunter. “I’m over 80 now, and I’m not just living a full life, I’m living the full life-plus!”

There is no charge for the events, which will be held at Touchmark at Wedgewood, 18333 Lessard Road NW.

Monday, Sept. 26, 9:30 a.m.

Senior Fitness Testing. Test your abilities alongside averages for others in your age group with Andy Do, HFS, CE, CPT, from Tight Assets.

Tuesday, Sept. 27, 10 a.m.

Annual CNIB Walk & Barbecue. In its 10th year, participants will stroll, walk or run a distance of 1 km, 3 km or 5 km around the community. This year’s goal is to raise \$3,500 in support of the Canadian National Institute for the Blind. Students from two fourth-grade classes at Our Lady of the Prairies will be participating. A cheque presentation and barbecue lunch will follow. Over the years, this event has raised more than \$20,000 for the CNIB. Cosponsors of this event include Rexall, Coop and ATB Financial.

Wednesday, Sept. 28 at 2:30 p.m.

Get Skin Health Smart. Your skin is the body’s largest organ. Learn how to keep it healthy and glowing with Heang Seik, RPH, Pharm. D., CGP.

Thursday, Sept. 29, 2:30 p.m.

Eat Healthy, Stay Strong. Studies have shown how important nutrition is in keeping us healthy, especially as we age. Join guest speaker Fatuma Seif, LPN, to learn how you can incorporate healthy eating habits into your diet.

“This year’s Active Aging Week is meant to celebrate, discover and showcase all of the
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TOUCHMARK AT WEDGEWOOD
Full-service Retirement Community
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ways people can build personal wellness regardless of their age,” says Life Enrichment/Wellness Director Joan Drake. “We’re offering a variety of events for people to explore the possibilities.”

For more information, people can call 780-577-5000.

About Active Aging Week

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging®. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

About Touchmark at Wedgewood

A full-service retirement community, Touchmark at Wedgewood offers people 55-plus years a wide range of homes and lifestyle options. For more information, visit TouchmarkEdmonton.com.

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