



FOR IMMEDIATE RELEASE

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For more information/interviews:

Amy Miller

701-323-7000

AMM@Touchmark.com

Touchmark invites public to attend events for Active Aging Week

BISMARCK, N.D. – Touchmark on West Century encourages adults to “Explore the Possibilities” and attend events during Active Aging Week, the annual health promotion event organized by the International Council on Active Aging (ICAA). The celebration is held each year at the end of September throughout Canada and the U.S. to promote healthy and active lifestyles.

All events are open to the public and will be held at 1000 West Century Avenue. There is no charge for any of the activities or classes:

- **Tuesday, Wednesday, and Thursday, Sept. 27-29, 7:30 a.m.:** Wellness Rise-and-Shine talks in the Health & Fitness Club will provide helpful information on how exercise keeps people feeling well. Topics will include the benefits of yoga, getting more from a workout through nutrition and emotional benefits of exercise.
- **Tuesday, Sept. 27, 9 a.m. - noon:** Trainers from Touchmark Health & Fitness Club along with students from the University of Mary will be offering Senior Fitness Testing. This series of standardized physical fitness tests measure upper and lower body strength, upper and lower body flexibility, balance and agility, body-fat percentage and cardiovascular fitness. The tests meet scientific standards for reliability and validity, and results can be compared to others in one’s age group. No appointment is necessary.
- **Wednesday, Sept. 28, noon:** A Lunch ‘n’ Learn will be held on the topic of *Healthy Living for a Healthier You*. Nikki Wegner, MS, OTR/L, of the ND Dementia Care Services Project, will discuss the lifestyle habits people can implement at any age to maintain or potentially improve health. She’ll also talk about habits that can keep the brain healthy and prevent cognitive decline. Call 701-323-7000 to RSVP.
- **Wednesday, Sept. 28:** Three BOOM classes will be previewed in the Health & Fitness Club:
1 - 1:30 p.m.: BOOM Muscle, an action-based functional and strength conditioning class that provides a dynamic workout

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TOUCHMARK ON WEST CENTURY

Full-service Retirement Community

1000 West Century Avenue • Bismarck, ND 58503

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1:45 - 2:15 p.m.: BOOM Move It, a cardio workout using fun, dance-style choreography

2:30 - 3 p.m.: BOOM Mind, fusing the best of Pilates, yoga and athletic stretching that makes these disciplines accessible to all skill levels

- **Thursday, Sept. 29, noon:** Individuals can participate in a 30-minute yoga session on the lawn followed by a picnic lunch. Bagged lunches will be provided at no cost. To RSVP, call 701-323-7000.
- **Thursday, Sept. 29, 2 p.m.:** A screening of the documentary *Cyber-Seniors* will be followed by appetizers, refreshments and entertainment. The 2014 film documents the extraordinary journey of a group of seniors who discover the world of the internet through the help of teenage mentors.

For complete details or questions, call Touchmark Life Enrichment Director Amy Miller at 701-323-7000.

During Active Aging Week (Sept. 25 - Oct. 1), the Touchmark Health & Fitness Club is waiving the \$50 membership fee. More information about membership is available by visiting the Club or calling 701-355-1280.

About Touchmark

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.

About Touchmark Health & Fitness Club

The Touchmark Health & Fitness Club serves people 40+ years and offers a range of classes, personal training and a heated indoor pool. For more information, visit Touchmark.com.

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