



**FOR IMMEDIATE RELEASE**

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## **Events planned for Active Aging Week open to the public**

FARGO, N.D. — Touchmark at Harwood Groves is hosting Active Aging Week from Sept. 27-29. This celebration of living life as fully as possible over the age of 50, regardless of health conditions, is sponsored by the International Council on Active Aging (ICAA) and is held across the U.S. and Canada. Every year at the end of September, Active Aging Week helps to promote healthy activity through different dimensions of wellness. This year, the theme “Explore the Possibilities” will help older adults discover new ways to maintain or improve healthy lifestyles.

All events are open to the public and will take place at Touchmark at Harwood Groves, 1200 Harwood Drive S, Fargo. There is no charge for any of these events:

- **Tuesday, Sept. 27, 2 p.m.: Nutrition and Memory with Susan Sigurdson**  
Susan Sigurdson, a registered dietitian, will discuss how people can boost their memory by eating right. An assortment of brain-healthy foods to sample will accompany her presentation.
- **Wednesday, Sept. 28, 9-11 a.m.: Senior Fitness Testing**  
A series of basic testing in strength, endurance, and agility will help participants identify areas that need improvement. Every participant will get results to compare to normative fitness levels for different ages.
- **Thursday, Sept. 29, 2pm: Demo for National Reflexology Week**  
Brenda Nelson, a massage therapist at Touchmark at Harwood Groves, and other local therapists will explain how reflexology can relieve tension and treat illness. This form of massage is based on the theory that points on the hands, feet and head connect to other parts of the body. Short sessions will be available for those interested.

To learn more about Active Aging Week, call 701-476-1200.

### **About Touchmark**

Touchmark at Harwood Groves offers people 55-plus years a full life. There is a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 40. For more information, visit [Touchmark.com](http://Touchmark.com).

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