



**For immediate release**

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## **Cognition expert shares advice to retain a healthy memory**

FARGO, N.D. – Dr. Rod Swenson, a board-certified neuropsychologist in Fargo, will be presenting at Touchmark at Harwood Groves on Wednesday, Nov. 16, at 2:30 p.m. In his topic, “Slowing Cognitive Decline: What Works and What You Can Do Now,” he will offer helpful advice on how to maintain memory capabilities with age. This presentation is open to the public at no charge. To ensure seating, reservations may be made at 701-476-1200. Touchmark is located at 1200 Harwood Drive S.

Dr. Swenson founded the Fargo practice Neuropsychology Associates to bring his expertise to adults and seniors in the Red River Valley. He has a doctorate degree from the University of North Dakota, Grand Forks, and has completed an internship in Neuropsychology at Boston V.A. Medical Center.

### **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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