



For immediate release

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## **Dr. Terry Eckmann to share healthy aging advice in three presentations at Touchmark**

SIOUX FALLS, SD – On January 26 and 27, Touchmark at All Saints will host Dr. Terry Eckmann for three sessions on healthy aging. The Minot State University professor will present tips on brain and body fitness.

Presentation dates and topics are:

**Thursday, January 26, 6:30 p.m. — Brain Boosters for Stress**

**Management.** Eckmann will talk about the effects of stress on the brain and specific activities that can help boost energy levels and reduce stress.

**Friday, January 27, 11 a.m. — The Power of Perspective.** This is a luncheon presentation, and Eckmann will share how one's perspective can change your brain — and life.

**Friday, January 27, following the luncheon presentation — Movement that Matters.** Eckmann will discuss and demonstrate simple seated dances that can lift heart rate and spirits as well as yoga poses to enhance balance and flexibility.

All three presentations will be held at Touchmark, 111 W. 17th Street. There is no charge to attend. Since seating is limited, though, reservations are required. To RSVP, call Samantha at 605-335-1117.

In addition to her teaching in the Teacher Education and Human Performance Department at MSU, Eckmann has been active in the fitness industry for more than 30 years and has gained recognition for her research in human performance. A published author, she has contributed chapters to numerous fitness textbooks and written several articles for fitness journals. She has also written two books: "101 Ways to Age Gracefully" and "101 Brain Boosters." She presents internationally, and is the recipient of numerous awards and honors.

"We are thrilled to host Dr. Eckmann again," said Ellen Kelly, Touchmark Life Enrichment/Wellness Director. "Her presentations last year were very popular, and the knowledge she has accumulated through her research is invaluable. Those attending will learn many helpful ways to improve their lives."

An award-winning retirement community, Touchmark at All Saints offers a range of apartment homes and lifestyles on the site of the historic All Saints School, which was built in 1884. For more information, visit [Touchmark.com](http://Touchmark.com).

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