



**FOR IMMEDIATE RELEASE**

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For more information/interviews:  
Robin Rausch, Comms. Consultant  
208-850-0027  
[robinkrausch@gmail.com](mailto:robinkrausch@gmail.com)

## **Touchmark celebrates Heart Month with Wine and Chocolate event benefitting American Heart Association**

MERIDIAN, Idaho – Heart Month will be celebrated Thursday, February 16, 2017 at Touchmark at Meadow Lake Village with a “Wine and Chocolate Affair.” The event features dark-chocolate tastings provided by locally owned The Chocolat Bar and red wine samples by Indian Creek Winery.

“Recognizing heart-healthy lifestyles is fun when it includes chocolate and wine,” says Touchmark Life Enrichment/Wellness Director Jim Johnston. “This event features five pairing of dark chocolate and red wine, both widely accepted as heart-friendly foods. Representatives from The Chocolat Bar and Indian Creek Winery will explain each pairing and their health benefits.”

“Wine and Chocolate Affair” at Touchmark Meadow Lake Village  
Thursday, Feb. 16, 2017

Tasting from 2 -3 p.m. and live auction from 3 - 3:45 p.m.

Open to the public at no charge; seating is limited. Please RSVP by calling 208-319-5311.

Touchmark resident and retired auctioneer Aden Wheeler will manage the live auction, with proceeds benefitting the American Heart Association – Idaho Chapter. Auction items include roundtrip airfare to Las Vegas with two nights and three days hotel accommodations, suite from The Grove Hotel, season tickets to the Meridian Symphony, concert tickets to the Boise Philharmonic and more. A representative from the American Heart Association – Idaho Chapter will explain how proceeds will be used to educate others throughout the area about living a heart-healthy lifestyle.

### **About Touchmark at Meadow Lake Village:**

Touchmark at Meadow Lake Village is an award-winning, full-service retirement community offering a range of homes and lifestyle options for people 55 years and older. The nearly 100-acre campus includes scenic lakes, a nine-hole golf course, walking paths and more. More information is available at [Touchmark.com](http://Touchmark.com)

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