



**For immediate release**

February 7, 2017  
For further information:  
Nanette Whitman-Holmes  
406-449-4900  
[NWH@Touchmark.com](mailto:NWH@Touchmark.com)

## **Mediterranean Diet: heart-healthy and tasty**

HELENA, Mont. — February is American Heart Month, and diet can play an important role in preventing heart disease. Currently, cardiovascular disease is the leading cause of death in the United States, with one in every three deaths resulting from heart disease and stroke—equal to 2,200 deaths per day. On Thursday, February 23 at 4 p.m., Touchmark on Saddle Drive is highlighting the Mediterranean Diet in a special event, and the public is invited.

The Mediterranean Diet has health benefits for all, including those 65 and older. These include increased mental acuteness, higher energy levels and a stronger immune system, offering greater resistance to disease. It also provides a way to lose weight and prevent weight gain when paired with a routine of weight-bearing exercise, such as walking.

Beginning at 4 p.m., there will be a presentation about the healthy and tasty benefits of the Mediterranean Diet while teaching participants how to pair foods from the region with wine. The tasting will be accompanied by an appetizer of crudités with olive oil and dukkah.

At 5 p.m., Touchmark Executive Chef Chris Bullard will serve a dinner featuring a resident favorite, Turkish apricot glazed salmon served with oven-roasted rosemary potatoes and baked ratatouille. Dessert will be a Jordanian baklava.

The entire program of winetasting, dinner and dessert can be experienced for \$15 per person. Space is limited; to reserve a spot, please RSVP by calling Touchmark at 406-204-3773 by Monday, February 20. Touchmark is located at 915 Saddle Drive.

Bullard took over Touchmark's dining services in 2015. Prior to Touchmark, Bullard was a Chef at Deer Creek Golf Course in Colorado before being hired as the Executive Chef at Hunter's Point in Helena. He attended Colorado Mesa University.

A full-service retirement community, Touchmark on Saddle Drive offers people a wide range of homes and lifestyle options, including memory care services. More information is available at [Touchmark.com](http://www.Touchmark.com) <<http://www.Touchmark.com>>.

-end-

TOUCHMARK ON SADDLE DRIVE  
*Full-service Retirement Community*  
915 Saddle Drive • Helena, MT 59601  
406-449-4900 • [Touchmark.com](http://www.Touchmark.com)