



**For immediate release**

June 13, 2017

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## **Celebrate health on the longest day of the year at Touchmark**

FARGO, N.D. – Summer solstice, the longest day of the year, will be celebrated with a series of events that promote health and wellness at Touchmark. Every year around the country, The Longest Day is an opportunity to raise awareness about Alzheimer's disease, because for those living with the disease, every day can feel like the longest day. Touchmark at Harwood Groves is making a difference by providing education and opportunities to practice overall wellness.

On Wednesday, June 21, wake up with the sun and participate in a sunrise yoga class offered at 5:33 a.m. in the Waterford Heritage Garden, followed by a breakfast bar. This class is open to all experience levels.

Throughout the day, participate in the NuStep challenge to end Alzheimer's. This fundraiser invites participants to ride the NuStep recumbent cross trainer (\$1 per minute). Aerobic exercise is a vital component of brain health, and funds raised go directly to the Alzheimer's Association. To participate, call Touchmark Health & Fitness Club Director Mark Minette at 701-526-1055.

At 10 a.m., Wendy Schrag, RN-BC, Vice President of Clinical Services at Touchmark, is presenting the topic *Preventing Alzheimer's Disease*. Schrag will discuss how to enjoy an active, vibrant and engaged life that strengthens the brain's defenses against Alzheimer's disease.

The public is invited to these events at no cost. RSVP and learn more by calling 701-476-1200. Touchmark is located at 1200 Harwood Drive S in Fargo.

Alzheimer's disease currently affects more than 5 million people in the U.S. Another person develops the disease every 66 seconds, and it is the sixth leading cause of death in the country, according to the Alzheimer's Association. The Association annually designates The Longest Day as a national event to promote awareness of the disease.

### **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 50. For more information, visit [Touchmark.com](http://Touchmark.com).

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