



For immediate release

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New class series aims to improve health and well-being

FARGO, N.D. – Touchmark is offering a six-week class series, in partnership with Sanford Health, to teach participants effective ways to cope with pain, fatigue and stress. Among the topics covered are nutrition and exercise choices, problem-solving skills, goal setting and communication.

The Better Choices, Better Health series begins Thursday, September 14, from 1 – 3:30 p.m. The series continues every Thursday through late October at Touchmark at Harwood Groves, 1200 Harwood Drive S in Fargo.

The series is helpful for individuals living with health challenges, such as diabetes, arthritis, heart disease, chronic pain, anxiety and more. Developed by Stanford University, the program aims to help people take charge of their life.

Previous participants have reported measureable improvement in their quality of life.

There is no charge for the Better Choices, Better Health series, but seating is limited. RSVP at 701-476-1200 to reserve your place.

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.

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