

NEWS RELEASE



FOR IMMEDIATE RELEASE

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Celebrate Active Aging Week by helping to support CNIB!

EDMONTON, Alberta — On September 26, the public is invited to join in the fun with **Touchmark's Annual CNIB Walk & Barbecue Fundraiser.**

Now in its 11th year, participants will stroll, walk or run a distance of 1 km, 3 km or 5 km around the retirement community. This year's goal is to raise \$3,500 in support of the Canadian National Institute for the Blind. Students from two fourth-grade classes at Our Lady of the Prairies will be participating. A cheque presentation and barbecue lunch will follow. Over the years, this event has raised more than \$20,000 for the CNIB.

Registration for the event will begin at 10:30 a.m. at Touchmark at Wedgewood, 18333 Lessard Road NW. The walk gets underway at 11 a.m.

“This event has become a beloved tradition that all generations look forward to each year, and we are honored to support the CNIB during Active Aging Week,” says Touchmark Life Enrichment/Wellness Director Joan Drake.

Each year, Touchmark marks Active Aging Week with a variety of events for residents throughout the last week of September. With this year's theme being 'Ignite Your Passion,' Touchmark residents will combine their passion for fitness, the outdoors and community and celebrate, discover and showcase all of the ways people can live full lives, regardless of their age.

For more information, people can call [780-577-5000](tel:780-577-5000).

About Active Aging Week

Active Aging Week is the annual health promotion event developed by the International Council on Active Aging®. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

About Touchmark at Wedgewood

A full-service retirement community, Touchmark at Wedgewood offers people 55-plus years a wide range of homes and lifestyle options. For more information, visit TouchmarkEdmonton.com.

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TOUCHMARK AT WEDGEWOOD
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