



For immediate release

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Spokane's world-famous 'Iron Nun' kicks off Active Aging Week at Touchmark

SPOKANE, Wash. — Who better to kick-off Active Aging Week at Touchmark on South Hill than the world's most impressive 'poster child' for active aging: Spokane's own Sister Madonna Buder, a.k.a. the 'Iron Nun'. At age 87, the still-active triathlete blows out of the water any conventional conceptions of aging. She is famous for starring in a Nike commercial last year. Why? At 75, Buder became the oldest woman to ever complete an Ironman triathlon. Then at 82, she went on to set a world record as the oldest Ironman competitor.

Sister Madonna Buder is living proof that you can be active at any age. She says, "The only failure is not to try, because your effort in itself is a success." The active nun completed her first triathlon at age 52; she will share her life story of success with hopes of encouraging older adults to get active.

The following Active Aging Week activities are open to the public at no charge:

Sister Madonna Buder

The nun shares her inspiring story in hopes of challenging others to get active and will be on hand afterward to sign her book, "The Grace to Race".

Monday, September 25

3 p.m. at Touchmark on South Hill, 2929 S. Waterford Drive

Movement for Balance

Lori McCormick, fitness specialist and Director of Touchmark Health & Fitness Studio, leads a public class in Manito Park designed to aid older adults in their balance.

Tuesday, September 26

2 p.m. in the grassy area off Manito Place in Manito Park

Senior Fitness Testing

Occupational Therapy Assistant students from Spokane Falls Community College will assist in assessing senior fitness levels through a series of simple physical tests.

Friday, September 29

1:30 p.m. and 3 p.m. time slots at Touchmark on South Hill, 2929 S. Waterford Drive

Individuals interested in the testing may call 509-536-2929 to select one of the time slots.

About Touchmark

A full-service retirement community, Touchmark on South Hill offers a range of homes and lifestyles. More information is available at Touchmark.com.

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TOUCHMARK ON SOUTH HILL
Full-service Retirement Community
2929 S Waterford Drive • Spokane, WA 99203
509-536-2929 • Touchmark.com