



FOR IMMEDIATE RELEASE

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Lunch & Learn series focuses on memory care ahead of the holidays

BISMARCK, N.D. — With seasons turning, holiday gatherings and meals are approaching. This can be a difficult time for family members and friends with aging loved ones, as it is often when signs of dementia and memory loss are identified. Touchmark on West Century is offering a two-class series to prepare participants to care for and recognize the signs of Alzheimer's disease.

The Memory Care Lunch & Learn series will be held **Monday, October 9 and Monday, October 30** at 11:30 a.m. The first class will introduce participants to the basics of Alzheimer's disease, including the importance of early detection and diagnosis. During this session, participants will discuss local and national dementia statistics and financial implications of the disease. The second class will offer valuable tips about gift-giving as well as help caregivers manage stress while hosting and attending family gatherings over the holiday season.

The classes will be led by Nikki Wegner, MS, OTR/L, and Program Manager with the Alzheimer's Association of Minnesota-North Dakota.

"This class series will help loved ones and those living with dementia prepare for the challenges they may face over the holidays, which can help them more fully enjoy the beauty of the season," Amy Miller, Life Enrichment Director at Touchmark on West Century, said.

This Lunch & Learn series is offered at no cost, and lunch will be provided to participants. RSVP for the program by calling 701-323-7000 by the Friday prior to each event.

About Touchmark

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 50 and features a variety of fitness options. For more information, visit Touchmark.com.

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