



For immediate release

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Put the “I” in the holiday season with upcoming relaxation workshop

FARGO, N.D. – The holidays are a stressful time for many families, between checking off shopping lists, entertaining, traveling and hosting family celebrations. Just in time to beat the stress that tends to accompany the “most wonderful time of the year,” Touchmark at Harwood Groves is hosting a six-week workshop to help participants nurture themselves and learn to relax when the most challenging stressors arrive.

From **November 6 through December 11**, every Monday afternoon from **2:30 p.m. – 4 p.m.** at Touchmark, join Sarah Wilson, OTR/L, and a special guest to focus on a different aspect or technique of relaxation. The workshop is \$75, payable to ProRehab, and participants are asked to RSVP prior to the first class. To RSVP, please call 701-476-1200.

According to Anne-Marie Fitz, Touchmark Life Enrichment/Wellness Director, participants will learn healthy ways to practice physical and mental relaxation so they can truly enjoy all the season has to offer. “Some of our most cherished memories are made during the holiday season as families and friends come together. This class will help people focus on what’s most important,” she said.

Topics over the next six weeks will include:

- Calming breath and massage with Brenda Nelson, LMT
- Progressive muscle relaxation and dry needling with Heather Studsrud, PT, DPT, CIDN
- Visual imagery and art with Kay Hilde
- Positive affirmations and benefits of tea with a representative from Steep Me Another
- Relaxation techniques and essential oils with Heather Studsrud, PT, DPT, CIDN
- Relaxation techniques and the benefits of laughter with Duane Dumas

Touchmark is located at 1200 Harwood Drive S in Fargo.

A full-service retirement community, 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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TOUCHMARK AT HARWOOD GROVES
Full-service Retirement Community
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