



For immediate release

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Upcoming programs emphasize Women and Wellness

SIOUX FALLS, S.D. — Women experience a number of physical changes after they turn 50, and practicing healthy habits becomes even more important. Touchmark Health & Fitness Club is launching a three-part series specifically designed for women over 50.

All gatherings will be held the third Friday from 4 - 7 p.m. and will include wine, appetizers and information that will be fun, relevant and make a difference in the lives of women 50 and older. The first session — Women and Healthy Wines — is November 17. Kim Lehmann, Director of Touchmark Health & Fitness Operations, will lead a discussion about how to pair wines and foods to get the maximum health benefits.

“Most women don’t realize they can increase by 50% the nutrients in a meal by selecting certain types of wine,” says Lehmann.

Future dates and topics are:

December 15 – Women, Wellness, and Fitness – 4-7 pm

January 19 – Women, Wellness and Stress – 4-7 pm

There is no charge, but space is limited. To RSVP, call 605-731-5477 by the Thursday before the event. Touchmark is located at 111 W. 17th Street.

About Touchmark at All Saints

A full-service, award-winning retirement community, Touchmark offers a range of apartment homes and lifestyles, including the new Phillips Way building featuring modern independent living homes just steps from the new Touchmark Health & Fitness Club. Open to anyone over 50, the Club offers an indoor heated pool and spa, a variety of fitness and aquatic classes, personal training and the latest strength and cardio equipment. For more information, visit Touchmark.com.

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TOUCHMARK HEALTH & FITNESS CLUB

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