

NEWS RELEASE



FOR IMMEDIATE RELEASE

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Conductorcise® classes begin at Touchmark on West Prospect

APPLETON, Wis. — A new fitness class for residents of Touchmark on West Prospect and the public will be launched by the founder of the energetic Conductorcise program, and the public is invited to participate in an interactive presentation.

Maestro David Dworkin, creator of Conductorcise, will talk about the benefits of this unique form of exercising to music and lead participants in a participatory session at **1 p.m. on Friday, April 13**. There is no cost for the presentation, but seating is limited. Those interested in attending can RSVP at 920-832-9100.

Modeled after the movement of orchestra conductors, Conductorcise engages the arms and upper body in creating motion to classical music as a physical workout. Classes provide a low-impact workout for the upper body that improves flexibility, posture and circulation.

While at Touchmark, Dworkin will be teaching and certifying staff members to be Conductorcise trainers, who will lead ongoing Conductorcise classes. Future classes will be open to the public.

Dworkin, from Bedford Hills, New York, began his career as a clarinetist and was an avid chamber musician. Within his career, he has led orchestras across the globe, including at the Manhattan School of Music, the Philharmonic on the Hudson, and the New Jersey, Vermont and Manhattan symphony orchestras. Upon his retirement from conducting, Dworkin created and developed the Conductorcise program to share with others.

Touchmark is located at 2601 Touchmark Drive.

About Touchmark

Touchmark on West Prospect is a full-service retirement community with options in active living that include single-family homes, apartments, independent living, assisted living, CBRF-level assisted living and memory care. The community spans nearly 40 acres and is conveniently located across from the Butte des Morts Country Club, a five-minute drive from the Fox River Mall off Highway 41. For more information, visit Touchmark.com.

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TOUCHMARK ON WEST PROSPECT
Full-service Retirement Community
2601 Touchmark Drive • Appleton, WI 54914
920-832-9100 • Touchmark.com