



**For immediate release**

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For further information:

Nanette Whitman-Holmes

406-449-4900

[NWH@Touchmark.com](mailto:NWH@Touchmark.com)

## **Conductorcise® classes begin at Touchmark on Saddle Drive**

HELENA, Mont. — A new fitness class for residents of Touchmark on Saddle Drive 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 10 a.m. on Thursday, April 12. There is no cost for the presentation, but seating is limited. Those interested in attending can RSVP at 406-449-4900.

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 held on Saturdays at 10 a.m. and Tuesdays at 1 p.m. There is no fee for the class. To register, call 406-449-4900.

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 915 Saddle Drive.

### **About Touchmark**

A full-service retirement community, Touchmark on Saddle Drive offers people a wide range of homes and lifestyle options, including independent and assisted living as well as memory care services. More information is available at [Touchmark.com](http://Touchmark.com).

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