

NEWS RELEASE



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For more information:

Jan Bellis-Squires, Touchmark, 503-646-5186

Celebrate fall and Active Aging Week with balance, wellness activities

PORTLAND, Ore. —To get the busy fall season off to a good start and strengthen healthy habits prior to the holidays, the public is invited to participate in Active Aging Week at Touchmark in the West Hills.

Every September, Touchmark joins with the International Council on Active Aging to highlight the benefits of active aging. This year's theme, Inspiring Wellness, encourages adults to discover new and engaging activities and focus on incorporating seven dimensions of wellness into their lives — emotional, environmental, intellectual, occupational, physical, social and spiritual.

The following activities are open to the public:

September 24

4 p.m. — *The Impact of Aging on Your Eyes*, presented by ophthalmologist Kelly Chung, MD

September 25

1 p.m. — *Columbia Gorge: Beyond the Hiking Trails*, a Lunch & Learn presentation by Laura Foster, author of "Columbia Gorge Getaways"

3:30 p.m. — *Walking Tall*, a Touchmark Health & Fitness class to improve posture

September 26

Noon — *Balance Strategies for Fall Reduction*, a Touchmark Health & Fitness class

September 28

5 p.m. — Fall Festival featuring country western dancing and western-inspired dinner

There is no charge for the events, but seating is limited. To RSVP, call 503-954-1640. Touchmark is located at 840 SW Touchmark Way in Portland, adjacent to Southwest Barnes and Leahy roads.

"Fall is the perfect season for all ages to recommit to a balanced life and focus on learning, exploring and renewing our focus on an active, rewarding life," says Keri Donovan, Life Enrichment/Wellness Director at Touchmark.

Launched in 2003 by the International Council on Active Aging, Active Aging Week is held the last full week of September and promotes wellness in all areas, regardless of age or health conditions.

About Touchmark in the West Hills

Located on a wooded hillside in the West Hills near Forest Heights, the new full-service retirement community offers unparalleled services, commanding views and a range of active-adult living and award-winning wellness offerings. More information is available at TouchmarkPortland.com.

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TOUCHMARK IN THE WEST HILLS

Full-service Retirement Community

840 SW Touchmark Way • Portland, OR 97225

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