

NEWS RELEASE



FOR IMMEDIATE RELEASE

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Week of events planned for Active Aging Week — open to the public

FARGO, N.D. – There is no age limit on being active. To highlight that fact, Touchmark at Harwood Groves is hosting Active Aging Week from September 24 - 28. This annual weeklong celebration of living life as fully as possible over the age of 50, regardless of health conditions, was created by the International Council on Active Aging and is held across North America and Australia.

During the week, Touchmark will offer activities highlighting all seven dimensions of wellness: spiritual, physical, emotional, occupational, social, environmental and intellectual. This year, the theme “Inspiring Wellness” will help older adults discover new ways to maintain or improve healthy lifestyles.

All events are open to the public and will take place at Touchmark at Harwood Groves, 1200 Harwood Drive S, Fargo. There is no charge for any of the events. While not necessary, RSVPs are appreciated, as seating may be limited.

Monday, Sept. 24, 10:30 a.m.: Inspiring Wellness by using Aromatherapy, presented by Brenda Nelson, massage therapist.

Monday, Sept. 24, 3 p.m.: Seven Dimensions of Wellness, presented by Health & Fitness Director Mark Minette and Life Enrichment/Wellness Director Anne-Marie Fitz.

Tuesday, Sept. 25, 1:30 p.m.: Christina Bartos’ Inspiring Wellness through Tea. Participants will visit the “Steep Me A Cup Of Tea” shop for a wellness presentation followed by shopping and a walk through Rendezvous Park.

Wednesday, Sept. 26, 9-11 a.m.: Senior Fitness Testing. This series of basic testing in strength, endurance and agility will help participants identify areas that need improvement. Every participant will get results to compare to normative fitness levels for different ages.

Wednesday, Sept. 26, 1 p.m.: Anna’s Inspiring Wellness Kickoff to “Wellness Wednesdays with Eagles Students,” presented by Anna Lawler, Life Enrichment/Wellness Coordinator.

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TOUCHMARK AT HARWOOD GROVES
Full-service Retirement Community
1200 Harwood Drive S • Fargo, ND 58104
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Thursday, Sept. 27, 2 p.m.: Katie Carlson’s Inspiring Wellness “Physical and Spiritual Wellness, how to grow both.” Life Enrichment/Wellness Assistant Katie Carlson and her brother, Danny Luecke, will inspire spiritual and physical wellness.

Thursday, Sept. 27, 7 - 9 p.m.: Active Aging Week Block Party. Attendees will enjoy food, music and fun.

Friday, Sept. 28, 2:30 p.m.: “Impacting the Community Impacts You” This program will be presented by Larissa Driscoll, Life Enrichment/Wellness Coordinator.

To learn more about Active Aging Week or to RSVP, call 701-476-1200.

About Touchmark

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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