

NEWS RELEASE



For immediate release

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‘Inspiring Wellness’ Color Walk during Active Aging Week supports Boys & Girls Club of Southwest Washington

VANCOUVER, Wash. — A family-friendly color walk and inspiring stories of wellness — including a presentation by a 70-year-old runner who has competed in 40 marathons — are just two of the highlights lined up for Active Aging Week at Touchmark at Fairway Village.

A full week of inspiration and wellness is planned September 24- 28, culminating in a communitywide Inspiring Wellness Color Walk.

Open to the public and all ages, the one-mile walk will be held Friday, September 28 at 11 a.m. Registration begins at 10:30 a.m. Participants will start at Touchmark, 2911 SE Village Loop in east Vancouver, and follow a route through the neighborhood, ending with finishers being covered in colored corn starch at the finish line. Afterward, walkers will enjoy a hot dog lunch and music from Chihuahua Desert Band.

Registration is \$25, which includes a T-shirt to wear during the walk, the lunch and live music. At the finish line, participants will be covered in an explosion of colored corn starch. Proceeds from the walk will be donated to the Boys & Girls Club of Southwest Washington.

“Creating opportunities for different generations to connect with each other is a key part of our programming, and we are excited to host this fun color walk and support the Boys & Girls Club,” says Michelle Avdienko, Touchmark Life Enrichment/Wellness Director. “The shared experiences and positive relationships they develop with children throughout the area help build young people’s confidence and inspire wellness.”

To register, visit tchmrk.co/vancouver-color-walk or call 360-836-1755 by September 20.

Other activities open to the public include:

Monday, Sept. 24: Inspiring stories of Wellness. A collection of stories will be posted today and available for inspiration throughout the week. For example, Dick Durland, 90, shares his secrets to successful aging. Durland, who takes no medication, walks 5 miles a day, often accompanied by his dog, Lacie.

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TOUCHMARK AT FAIRWAY VILLAGE
Full-service Retirement Community
2911 SE Village Loop • Vancouver, WA 98683
360-254-2866 • Touchmark.com

Tuesday, Sept. 25

9 - 11 a.m.: Chair Massages, provided by Massage Therapist Andrew Salmeron.

3:30 - 5 p.m.: *My Commitment to Wellness*, presented by Bruce Harman, 70. After successfully battling three bouts of cancer earlier in his life, Harman began running marathons, totaling more than 40 at last count. He served as a team captain during the recent Hood to Coast relay race from Mount Hood to Seaside, Oregon.

Wednesday, Sept. 26, 3:30 - 5 p.m.: *Massage Therapy for Women*, presented by NW Massage and Bodywork.

Thursday, Sept. 27, Stretching and Dancing Day

3:30 - 5 p.m.: *My Commitment to Wellness*, an encore presented by Bruce Harman, 70. "I was a heavy smoker, overweight, and I knew I needed to do something to regain my overall health," says Harman. After successfully battling three bouts of cancer earlier in his life, he started to run marathons and at last count has completed more than 40.

6:30 - 7:30 p.m.: Dancing to the rhythms of Ron & Monte Band.

There is no charge for these events. While not necessary, RSVPs are appreciated, as seating may be limited. For more information or to RSVP, call 360-254-2866.

Touchmark at Fairway Village is a full-service retirement community offering a wide range of homes, lifestyle options and services, including an on-site Health & Fitness Club, which is open to anyone over 50. More information is available at Touchmark.com.

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