



**FOR IMMEDIATE RELEASE**

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## **Fun events ‘Inspiring Wellness’ planned for Active Aging Week open to the public**

BISMARCK, N.D. — There is no age limit on being active. To highlight that fact, Touchmark on West Century 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, 1000 West Century Avenue, Bismarck. There is no charge for any of the events. While not necessary, RSVPs are appreciated, as seating may be limited.

**Monday, Sept. 24, 3 p.m.: Taking charge of your health.** Melanie Carvel, physical therapist, motivational speaker, and Director of the Sanford Women’s Health Center, will share ways to reintegrate the body and spirit for a happier, healthier life. A triathlete, Carvel is also the author of “Running with the Antelope: Life, Fitness, and Grit on the Northern Plains.”

**Wednesday, Sept. 26, all day: Race Across the State.** It’s time to get inspired — and moving! Sign up for a 15-minute time slot to go cybercycling on the Expresso HD stationary bike. The goal is to ride the distance — 340 miles — across North Dakota. Touchmark will donate \$100 to the charity of choice to whomever bikes the most miles in a 15-minute slot.

**Thursday, Sept. 27, 10 a.m.: Fragrance in Frames painting class.** Whitney Ruscheinsky, Touchmark Life Enrichment/Wellness Coordinator, will lead a class in the benefits of painting with essential oils.

**Friday, Sept. 28, 10 a.m.: Premier World Discovery.** Learn about the domestic and international trips planned for 2019 as well as a trip to Ireland in October. Presented by Premier Travel Agency.

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TOUCHMARK ON WEST CENTURY

*Full-service Retirement Community*

1000 West Century Avenue • Bismarck, ND 58503

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**Friday, Sept. 28, 1:15 p.m.: Dance class**, presented by Northern Plains Dance. This fun, upbeat class is appropriate for anyone.

**About Touchmark**

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 50 and features a variety of fitness options. For more information, visit [Touchmark.com](http://Touchmark.com).

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