



For immediate release

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

SIOUX FALLS, S.D. — There is no age limit on being active. To highlight that fact, Touchmark at All Saints 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.

The following events are open to the public and will take place at Touchmark, 111 W. 17th Street.

Wednesday, September 26, 10 am - 2 pm: Senior Fitness Testing. This series of basic testing in strength, endurance and agility will help individuals identify areas that need improvement. Every participant will get results to compare to normative fitness levels for different ages. Please call the Touchmark Health & Fitness Club at 605-731-5477 to schedule a time.

Individuals joining the Club during Active Aging Week will have the joining fee waived.

Saturday, September 29 • 11 am - 1 pm • Vehicle Show. This unique show will feature vehicles of all kinds — cars, motorcycles, campers, and more! No cost to attend the show. A barbecue lunch will be available for \$5.

About Touchmark at All Saints

A full-service retirement community, Touchmark offers a range of homes and lifestyle options for people ages 55 and above. An on-site Health & Fitness Club is open to anyone over 50 and features a variety of fitness options, including indoor pool, state-of-the-art equipment and certified fitness professionals. More information is available at Touchmark.com.

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