

NEWS RELEASE



FOR IMMEDIATE RELEASE

January 4, 2019

Destiny Sisk

701-323-7000

Destiny.Sisk@Touchmark.com

Food Fair to feature free, healthy samples to start 2019

BISMARCK, N.D. — With New Year's Resolutions still on the mind, there is no better time to make positive, healthy changes to your diet. Touchmark on West Century is offering the public a Health Food Fair on Tuesday, January 8 at 2 p.m.

There is no charge for this community event that will include healthy food samples made by Touchmark Executive Chef Chris Warner. People will be able to try a snack, main dish, dessert (monster cookie) and fruit-infused water. Recipes will be available that will highlight the benefits of the healthy options so people can recreate the food at home and support the healthy food goals they set for 2019.

There is no need to RSVP. Touchmark is located at 1000 West Century Avenue.

According to Touchmark Life Enrichment/Wellness Director Destiny Sisk, the Health Food Fair is a convenient, casual way for people to taste new ways to incorporate healthy food options into a diet. "We are committed to enriching people's lives, and that includes supporting the goals of our friends and neighbors, especially those relating to making positive changes that improve overall wellness."

The Health Food Fair kicks off a health series in January, hosted by instructor Mariah Hintz.

Touchmark offers activities throughout the year that highlight all seven dimensions of wellness: spiritual, physical, emotional, occupational, social, environmental and intellectual.

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.

-end-

TOUCHMARK ON WEST CENTURY
Full-service Retirement Community
1000 West Century Avenue • Bismarck, ND 58503
701-323-7000 • Touchmark.com