

# NEWS RELEASE



## Touchmark on West Prospect

**For immediate release**

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### **Touchmark hosts Active Aging Week for community**

APPLETON, Wis. — Active aging is defined as living life as fully as possible, according to the International Council on Active Aging, which started the annual health promotion celebration. Residents of Touchmark on West Prospect are offered an array of activities to aid them in this mission not only during Active Aging Week but also throughout the year.

Touchmark residents and the entire Appleton community are invited to participate in this year's events **Wednesday, Sept. 23 from 9:30 a.m. to 3 p.m.** There is no charge for most of the day's events, which will be held at Touchmark on West Prospect, 2601 Touchmark Drive.

Wednesday's events:

- Join Shana Conradt, co-owner and founder of Ellipse Fitness, for a fitness class and "Enhanced Aging From the Inside Out" presentation.
- Take advantage of wellness offerings/survey presentation by Chiropractor Shae Doran, DC.
- Enjoy a healthy, protein-packed lunch with Shana and Touchmark Executive Chef Mike Balistrieri. Lunch is \$7 per person.
- Hear a presentation on "Emergency Medical Traveler" with Touchmark Director of Business Development Bobbie Thompson.
- Relax with massage and reflexology demonstrations by Lori Boushele, LMT, and reflexologist Julia LeNoble.

"We focus a great deal on promoting and supporting active aging," says Julie Buss, Life Enrichment/Wellness director for Touchmark. "As a result, I interact daily with people who are happier, more social and have a wider assortment of friends. In planning Active Aging Week, we looked for activities that included fun, learning, health and fitness."

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles.

Touchmark, located on 40 acres directly across from the Butte des Morts Country Club, offers a wide range of homes and lifestyle options. For more information, contact Touchmark at (920) 832-9790 or visit [TouchmarkAppleton.com](http://TouchmarkAppleton.com).

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