

# NEWS RELEASE



## Touchmark at Mt. Bachelor Village

**FOR IMMEDIATE RELEASE**

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For further information:

Melanie Snow

(541) 383-1414

MJS3@Touchmark.com

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

BEND, Ore. — Active aging is defined as living life as fully as possible, according to the International Council on Active Aging, which started an annual health promotion celebration. Residents of Touchmark at Mt. Bachelor Village 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 Bend community are invited to participate in this year's events **Thursday, Sept. 24**. There is no charge for the day's events, which will be held at Touchmark, 19800 SW Touchmark Way in Bend.

Join the full schedule of activities:

**9 – 9:45 a.m.:** Be Fit class in the Cliff Lodge Aerobics Room.

**10 – 11 a.m.:** NorthStar Neurology's Richard Koller, M.D., discusses stroke prevention and awareness in the Terrace Lodge Forum.

**11 a.m. – 12:30 p.m.:** Health Fair in the Terrace Lodge:

- Blood pressure screenings
- Balance Master<sup>®</sup> demonstrations
- Brain Teasers
- Massage by Kathi
- Bend Skin Co.
- Live music, miniature golf and Wii games

**1 – 2 p.m.:** Current Events in the Terrace Lodge Forum.

**4 – 4:30 p.m.:** Moving Easy exercise class in the Terrace Lodge Forum.

“We focus a great deal on promoting and supporting active aging,” says Melanie Snow, Life Enrichment/Wellness director for Touchmark. “As a result, people are happier, more social and energetic and have a wider assortment of friends. In planning Active Aging Week, we selected activities to encourage, motivate, and inspire people to incorporate healthy activity into their daily routines.”

For more information, people can call (541) 383-1414.

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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 at Mt. Bachelor Village opened in 2003 and in 2007 expanded by adding two new lodges and numerous amenities and services as well as new lifestyle options. Located along the Deschutes River, the retirement resort also offers Touchmark Home Services and the on-site Touchmark Rehabilitation & Balance Center. Touchmark has received two awards from the National Association of Home Builders. In 2009, it received a gold award (the highest given) for Best Independent Living Community. In 2005, it received the highest award in the “for-sale condominiums” category.

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