

NEWS RELEASE



Touchmark at Mt. Bachelor Village

FOR IMMEDIATE RELEASE

May 16, 2008
For further information:
Melanie Snow
(541) 383-1414

“Fitness ... A Lifetime Investment” **Touchmark at Mt. Bachelor Village is hosting area’s National Senior Health & Fitness Day events**

Bend, Ore. — More than five hours of fun and informative activities and healthy food will mark National Senior Health & Fitness (NSHFD) locally on Wednesday, May 28. Activities get under way at 11 a.m. at Touchmark at Mt. Bachelor Village, 19800 S. W. Touchmark Way in Bend. There is no charge for this event, and all are welcome.

All activities focus on the theme “Fitness ... A Lifetime Investment”:

- **11 a.m. to noon:** Marge Coalman, EdD, international presenter and vice president of Wellness & Programs at Touchmark, will speak in the Terrace Lodge Forum about “Wellness Over the Life Span”
- **Noon to 12:45 p.m.:** Campus Fitness Walk, led by Coalman and Touchmark’s Life Enrichment/Wellness staff.
- **1 to 2 p.m.:** Marc Wagner, MD, from The Center, will present in the Terrace Lodge Forum — “Spine Care: Adding Life to Years.”
- **2 to 4:30 p.m.:** Health Fair, featuring booths tai chi and yoga demonstrations, chair massage, cooking demonstrations, Nintendo® Wii demonstrations and much more.
- Healthy snacks.

For more information about the scheduled events, call 541-383-1414.

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Now in its 15th year, NSHFD is the nation's largest health promotion event for older adults and always is held the last Wednesday of May as part of Older Americans Month. This year's theme — "Fitness ... A Lifetime Investment" — emphasizes the importance and benefits of a regular fitness program.

"Substantial research has confirmed without any doubt that being physically active on a daily basis is the number one predictor of aging well," says Touchmark Life Enrichment/Wellness Director Melanie Snow. "The benefits can be measured in improved quality of life, reduced disability and greater strength, balance, flexibility and cardiovascular health."

An estimated 150,000 older adults will participate in NSHFD events around the country this year.

Touchmark at Mt. Bachelor Village offers resort retirement living and a range of homes and lifestyle options. The second phase, composed of the Cliff Lodge and Terrace Lodge, with numerous amenities and services, was completed last summer. Touchmark received a Platinum Award from the National Association of Home Builders recognizing the creative design of the phase-one River Lodge.