

NEWS RELEASE



Touchmark at Wedgewood

FOR IMMEDIATE RELEASE

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Touchmark hosts Active Aging Week — Public invited to participate in fun, healthy activities

Edmonton, Canada — In honour of Active Aging Week, Touchmark invites people to attend two fun, healthy events on Sept. 22 and Sept. 23. Both events will be held at Touchmark at Wedgewood at 18333 Lessard Road.

On **Monday, Sept. 22 at 2 p.m.**, the gymnastics group Dynamo 55+ will perform rhythmic, artistic and acrobatic gymnastics. This group has performed around the world, sharing their motto of “being young at heart.” Though the men and women of the group are not professionals, they have skillfully mastered their routines to promote the importance of physical fitness for all ages. There is no charge for this event.

On **Tuesday, Sept. 23**, Touchmark and the Running Room will present the Active Aging Walk-a-thon, which will benefit CNIB. People of all fitness levels are welcome to participate. The Running Room will provide watering stations, banners for the start and finish areas and numbers for registered participants.

At 1:45 p.m., Touchmark Fitness Instructor Inge Telzerow will lead stretching, and the walk will start at 2 p.m. Participants can select from a 500-meter, a one-kilometer or three-kilometer run/walk.

For more information, people can call Catherine Douglas at (780) 577-6828.

“It’s clear that the key to living longer — and better — is to stay active. Several recent studies have shown there’s a strong relationship between physical activity and mental acuity, and other research links social connectedness to healthy aging,” says Touchmark Life Enrichment/Wellness Director Kathy Brown.

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A recent article in The Journal on Active Aging supports this connection. Touchmark Vice President of Wellness & Programs Marge Coalman, Ed.D., writes in the July/August issue that “individuals engaged in the greater good of all ... are experiencing a better quality of life as they age.”

Her article, titled “Enrich the lives of older adults through civic engagement,” highlights the benefits of social involvement, provides several examples and offers tips to supporting civic engagement work. “Along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead fuller, more satisfying lives.” The full article can be seen at TouchmarkEdmonton.com/common/pdf/civic-engagement-enrich-lives.pdf.

Now in its sixth year, 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 U.S. and is designed to promote healthy and active lifestyles.

Touchmark is a North American leader in planning, building and operating resort-style retirement communities for people ages 55-plus. Situated in a picturesque ravine setting, Touchmark at Wedgewood offers a range of homes and lifestyle options, including 66 bungalows, 115 suites and independent and assisted living as well as health services. Numerous amenities include a robust Life Enrichment/Wellness program, transportation and chef-prepared meals.