

# NEWS RELEASE



## Touchmark at Wedgewood

**FOR IMMEDIATE RELEASE**

September 19, 2011  
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### **Public invited to participate in Active Aging Week events at Touchmark — including seniors boot camp and fundraiser for CNIB**

Edmonton, Alberta — Touchmark at Wedgewood invites the Edmonton community to this year's Active Aging Week events, which start Monday, Sept. 26 and run through Friday, Sept. 30.

There is no charge for the events, which will be held at Touchmark, 18333 Lessard Road.

#### **Monday, Sept. 26 at 10 a.m. and 2 p.m.**

Fitness combo class at 10 a.m. Life Enrichment/Wellness Assistant Lenka Makarian will lead people in a demonstration of Posture & Balance, Seated Yoga, Keep Fit and Weight Training. A tai chi demonstration will start at 2 p.m.

#### **Tuesday, Sept. 27 at 10 a.m.**

Annual CNIB Walk. Grade 4 students from Good Shepherd Elementary School will join others for this annual event. Registration is at 10 a.m., and the walk starts at 10:30 a.m. People can walk/stroll/run either a 1K or 3K. ATB Financial, Hawkstone Pharmacy and Running Room are helping sponsor the event, which will conclude with a barbecue.

#### **Wednesday, Sept. 28 at 10 a.m.**

Introduction to Zumba Gold. Participants will learn the basics of this dance fitness class, which fuses Latin rhythms and easy-to-follow moves. Instructor Wendy McCormick is the teacher.

#### **Thursday Sept. 29 at 2 p.m.**

Brain Aerobics and Brain Builders. Brenda Edmonds, Life Enrichment/Wellness director and Certified Geriatric Wellness instructor, will lead fun and mindful exercises and games.

#### **Friday, Sept. 30 at 10 a.m.**

Certified Personal Fitness Trainer Andrew Do and his associate Cynthia Robb will teach an hour-long Boot Camp class. People will take part in an obstacle course and tone muscles with strength-training exercises. The class will end with nutritious snacks.

“The Boot Camp class for seniors is the only one offered in the area,” says Touchmark’s Edmonds. “And the CNIB walk helps a most worthy cause. Last year, we raised around \$3,800 for CNIB. We’re inviting the public to help us support this great cause and celebrate whole-person wellness throughout the entire week.”

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 offers a range of homes and lifestyle options. Visit [TouchmarkEdmonton.com](http://TouchmarkEdmonton.com) for more information.

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