

NEWS RELEASE



Touchmark at Wedgewood

For immediate release

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Keep your brain and body active

Edmonton, Alberta — Touchmark at Wedgewood invites the entire Edmonton community to build their brains and bodies at this year's Active Aging Week events, which start Monday, Sept. 20 and run through Friday, Sept. 24.

“Researchers are finding a strong connection between body and brain health,” says Life Enrichment/Wellness Director Brenda Edmonds, who also is a certified Geriatric Wellness instructor and Laughter Yoga leader. “We’re following the science and offering activities that will help people grow brain cells and improve their fitness level. It’s a celebration of whole-person wellness.”

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

Monday, Sept. 20 – Brain Aerobics at 10 a.m. and Brain Builders at 2 p.m.

People can take part in Brain Aerobics, which blends heart-healthy fitness with brain-building exercise. During Brain Builders, participants will do interactive brain games, including puzzles, logic and brain teasers.

Tuesday, Sept. 21 – CNIB Walk at 10 a.m. followed by a barbeque

Touchmark and the Running Room will hold a walkathon benefiting CNIB. People of all fitness levels are welcome to participate. Registration is at 10 a.m., and the walkathon begins at 10:30 a.m. More than 50 Grade 4 students from Good Shepherd School will attend the walkathon. ATB Financial is helping sponsor the barbeque.

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Wednesday, Sept. 22 – 20in10 charades at 2 pm

Participants can enjoy a twist on classic charades as they mime health-enhancing activities. (Touchmark's 20in10 campaign encourages people to do small actions and activities in 10 minutes or less that will make a deposit in their bank of good health.)

Thursday, Sept. 23 at 2 p.m.

Recording artist Dwayne Cannan will perform.

Friday, Sept. 24 at 2 p.m.

People can exercise the body and mind with Laughter Yoga and Meditation.

For more information, the public can call (780) 577-5000.

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. Visit TouchmarkEdmonton.com for more information.

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