

NEWS RELEASE



Touchmark at Meadow Lake Village

MEADOW LAKE
VILLAGE®

FOR IMMEDIATE RELEASE

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For further information:
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Touchmark hosts Active Aging Week for community

MERIDIAN, Idaho — 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 Meadow Lake 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 invites Meridian-area residents to participate in this year's celebration. There is no charge for the events, which will be held at Touchmark, 4037 E. Clocktower Lane in Meridian. The schedule includes:

Thursday, Sept. 24 from 9 a.m. to 3 p.m.: Classes for Touchmark's second-annual Knowledge College will include ...

- Tune Up Your Memory
- Don't Choke on That
- Digital Photography
- Senior Scams
- Writing Your Life Story
- Computer Internet Basics
- If the Shoe Fits (proper shoes for proper balance)

Friday, Sept. 25 at 9 a.m.

Men's Fun Run. Participants are invited to join friends and neighbors for a one-mile or 5K walk, run, or stroll, organized by the women of Touchmark at Meadow Lake Village.

Saturday, Sept. 26 ~ 8 am to noon

Women can join the team of residents, family members, staff and bank employees for the 2009 St. Luke's Women's Fitness Celebration in Boise with a one-mile or 5K run, walk, or stroll. All participants over 80 years of age receive special recognition at this event.

"We focus a great deal on promoting and supporting active aging," says Michelle Swantek, 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 (208) 888-2277.

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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.

At more than 100 acres, Touchmark at Meadow Lake Village is a retirement community offering a range of homes and lifestyle options. For more information, visit MeadowLakeVillage.com.

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