

NEWS RELEASE



MEADOW LAKE
VILLAGE®

Touchmark at Meadow Lake Village

FOR IMMEDIATE RELEASE

September 22, 2011

For further information:

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Brain expert to present during Touchmark's Active Aging Week

MERIDIAN, Idaho — "... there's an ever-growing body of knowledge that shows it is possible for older adults to maintain or improve their memory ability," writes Rob Winningham, Ph.D., Psychology Division chair and professor at Western Oregon University. His book, "Train Your Brain: How We Can Maintain or Even Improve Our Memory Abilities," is read by adults of all ages and referenced by professionals.

As the key-note speaker for Touchmark's Active Aging Week, Winningham will talk about new research and provide practical tips to maintain memory.

Touchmark at Meadow Lake Village invites the public to Winningham's presentation as well as the week's events, which start Monday, Sept. 26 and run through Friday, Sept. 30. All events will take place at 4037 E. Clocktower Lane, Meridian. There is no charge. People can register at MeadowLakeVillage.com.

Monday, Sept. 26, 1 and 2 p.m.: Presentation on exercise and brain function, followed by country dancing and line dancing.

Tuesday, Sept. 27:

- 1 p.m.: Stress management presentation.
- 2 p.m.: Relaxing yoga class.

Wednesday, Sept. 28, 1 p.m.: Zumba Party. Participants can learn the basics of this popular dance fitness class, which fuses Latin rhythms and easy-to-follow moves.

Thursday, Sept. 29:

- 1 p.m.: Brain health and good nutrition presentation.
- 2 p.m.: Tai chi class.

Friday, Sept. 30, 10 am: "Train Your Brain" presentation with keynote speaker Winningham. After the presentation, a healthy lunch will be served at noon. RSVP for lunch by Sept. 26 by calling (208) 888-2277 or online at MeadowLakeVillage.com.

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

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