

NEWS Release



Meadow Lake Village

A Touchmark® community
Touchmark—celebrating 25 years

FOR IMMEDIATE RELEASE

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For further information:
Tami Cuthill
208-888-2277

FIND OUT HOW TO ACHIEVE WELLNESS OVER THE LIFE SPAN

(MERIDIAN, Idaho)—Healthy aging is in the news every day. Is it possible to affect the aging process in a way that makes wellness over the life span attainable? Marge Coalman, EdD, Touchmark vice president of Wellness & Programs, will answer this question and others as she presents the latest research and recommendations to help individuals proactively influence their own health and well-being through good lifestyle choices.

The presentation will be held Wednesday, March 15 at 6 p.m. at St. Luke's Meridian Medical Center, 520 S. Eagle Road. While there is no admission fee, preregistration is requested to assure adequate seating. For more information and to register, people may call 208-888-5667.

Touchmark is the parent company for Meadow Lake Village, located adjacent to the medical center. Meadow Lake Village is a retirement resort for people 55 and older offering single and attached homes, 35 acres of retail and commercial services, a nine-hole-Par 3 golf course, large lake, miles of walking paths and a robust Life Enrichment and Wellness program. Coalman oversees several programs at Touchmark, including the Life Enrichment & Wellness program.