

NEWS Release



A Touchmark® community
Touchmark—celebrating 25 years

Meadow Lake Village

FOR IMMEDIATE RELEASE

September 26, 2005
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LEARN 10 WAYS TO AGE SUCCESSFULLY

(MERIDIAN, Idaho)— How we age is determined more by one's daily choices than from the genes inherited from our parents. Meadow Lake Village invites adults of all ages to attend a special presentation by Marge Coalman, EdD, on Tuesday, Oct. 4, 2005 at 3:30 p.m. in the Lemhi/Blackfoot meeting rooms of St. Luke's Meridian Medical Center. Find out the latest research and the important choices that make the greatest difference in achieving a healthy life. There is no admission fee, and refreshments will be served. For more information, call 208-888-5667.

Coalman serves as Wellness and Programs director for Touchmark, Meadow Lake Village's parent company. She will share strategies and support systems that can help people make—or affirm—their top 10 personal lifestyle practices.

Coalman oversees Touchmark's health and fitness clubs, life enrichment/wellness program, and assisted living and memory care programs in eight states and a Canadian province. A nationally recognized speaker and writer, she is a member of the International Council of Active Aging and spoke at last year's conference in Orlando. She is also a master trainer and curriculum development specialist for the Oregon Health Care Association.

The 135-acre 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/Wellness program.