

NEWS RELEASE



MEADOW LAKE
VILLAGE®

Touchmark at Meadow Lake Village

FOR IMMEDIATE RELEASE

August 4, 2010
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**Touchmark's Becky Dallum is first in state
to receive Fallproof™ certification**

MERIDIAN, Idaho — Becky Dallum, a fitness specialist with Touchmark at Meadow Lake Village, is the first person in Idaho to complete the Fallproof Balance and Mobility Specialist Instructor Certificate Program.

Offered by the Center for Successful Aging at California State University, Fullerton, the program is designed to promote the teaching of improved mobility in older adults. According to the Centers of Disease Control and Prevention, one in three Americans 65 and older falls each year — and 30 percent of them require medical treatment.

Because balance and mobility disorders are a growing health problem nationally, Touchmark offers residents its nationally recognized Touchmark Fall Awareness and Prevention Program. Dallum teaches several classes designed to improve people's balance and reduce the chances of falling.

Dallum holds a Bachelor of Science in Exercise and Sports Science from Oregon State University. Additionally, she is a certified senior personal trainer and certified Pilates instructor. She specializes in working with older adults experiencing medical challenges, such as Parkinson's disease and other balance problems.

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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