

# NEWS Release



A Touchmark® community  
Touchmark—celebrating 25 years

## Waterford on Saddle Drive

### **FOR IMMEDIATE RELEASE**

September 14, 2005  
For further information:  
Merry Lunde  
449-4900

### **LEARN THE 10 WAYS TO AGE SUCCESSFULLY**

(HELENA, Mont.)—How we age is determined more by one's daily choices than from the genes inherited from our parents. Find out the latest research and the important choices that make the greatest difference in achieving a healthy life on Thursday, Sept. 22, 2005 at 7 p.m. at Waterford on Saddle Drive. There is no admission fee, and adults of all ages are invited to attend this special presentation at 915 Saddle Drive. Refreshments will be served. For more information, call 449-4900.

Marge Coalman, EdD, serves as the Wellness and Programs director for Touchmark, Waterford'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, Coalman 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.

Waterford offers resort-style retirement for adults 55-plus and is home to more than 155 people. A wide range of single-level homes, apartments, and living options are available. Waterford is part of Touchmark®—a company that has served the needs of older adults and their families for 25 years.