

# NEWS RELEASE



**For immediate release**

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## **Social Engagement Linked to Longevity**

BEND, Ore. — Recent research indicates that social engagement can lead to better health, and Touchmark at Mt. Bachelor Village will explore the concept further at a presentation on August 29 at 6:30 p m.

Marge Coalman, EdD, Touchmark vice president of Wellness & Programs, will present *That's What Friends Are For*, an educational talk that reveals social interaction is more than just a pleasant pastime; it's critical to our well-being. A growing body of research shows that social engagement can lead to better health and longevity, while social isolation and loneliness can lead to poorer health and a shorter life. As Coalman states, "It raises our spirits to have someone to share a meal or a movie with us, and we often feel better when we have outings planned with friends, neighbors or family."

The benefits of spending time with family and friends extend beyond better health and an improved mood. Social connections can actually boost brainpower, too. With many people looking for ways to improve their memory, Coalman agrees that the latest research provides them with another tool to do just that. "We must take a holistic approach to maximize our brain's function and prevent memory problems, which means staying physically active, eating right, having a strong social support system, reducing stress and anxiety and getting enough sleep," she says.

Coalman's *That's What Friends Are For* presentation will be held in the Terrace Lodge at Touchmark, located at 19800 SW Touchmark Way in Bend. There is no charge for the event, which is open to the public, and attendees are encouraged to bring a friend.

### **About Touchmark**

Located along the Deschutes River, Touchmark at Mt. Bachelor Village provides a range of homes and lifestyles. More information is available at [Touchmark.com](http://Touchmark.com).

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TOUCHMARK *at Mt. Bachelor Village*

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