

# NEWS RELEASE



For immediate release

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## **Touchmark hosts expert on successfully living with chronic health conditions**

EDMOND, Okla. – Oklahomans living with chronic medical conditions, such as arthritis, cancers, stroke or kidney disease, know the challenges of living a productive daily life while battling pain, fatigue and even depression.

According to the National Center for Health Statistics, chronic, noncommunicable health conditions are responsible for 70 percent of deaths in the United States. At least one chronic condition affects 90 percent of senior Americans, and 77 percent of seniors suffer from two chronic diseases.

But there are ways for those who suffer from chronic diseases to manage the pain, fatigue, emotions and other aspects of living with a chronic condition.

Gene Naukam, a certified facilitator for the Living Longer, Living Stronger with Chronic Conditions workshops, will talk about effective strategies developed at Stanford University in two upcoming presentations at Touchmark at Coffee Creek. Touchmark is located at 2801 Shortgrass Road in Edmond. There is no charge to attend either.

### **The talks are:**

“Living Longer, Living Stronger with Chronic Conditions (Session 1)”  
July 22, 2013  
5:30 – 7 p.m.

“Living Longer, Living Stronger with Chronic Conditions (Session 2)”  
July 23, 2013  
1:30 - 3 p.m.

Living Longer, Living Stronger isn't a treatment plan. Rather, it promotes learning how to build skills and strategies needed to better manage chronic health conditions.

Naukam will discuss how people living with chronic pain can get the support they need, discover better nutrition and treatment choices and learn better ways to talk with their doctor and family about their health issues.

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TOUCHMARK *at Coffee Creek*

2801 Shortgrass Road • Edmond, OK 73003  
405-340-1975 • Touchmark.com

Anyone who is living with a chronic condition or is a caretaker for someone with a chronic condition can benefit from Naukam's presentation. Not only is he a trained facilitator for the Living Longer, Living Stronger workshop, Naukam himself is living with and managing chronic health conditions.

Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. Touchmark at Coffee Creek offers a wide range of homes and lifestyle options. For more information, contact Touchmark at 405-340-1975 or visit [TouchmarkEdmond.com](http://TouchmarkEdmond.com).