

NEWS RELEASE



For immediate release

May 2, 2014
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Touchmark director to speak **Public invited to Aging Conference**

EDMOND, Okla.—More than 1,000 people are expected to attend the 39th annual Oklahoma Conference on Aging, May 20-22 at the Embassy Suites Norman Hotel and Conference Center.

The first day's slate of speakers is open to seniors, 60 years of age and older, and Touchmark at Coffee Creek is playing a role in the conference.

Melissa Mahaffey, MHA, Touchmark's executive director, will lead a breakout session called "Change is Inevitable" May 20 at 10:10 a.m. She will share ideas for older Oklahomans as they navigate the changes that come with growing older from health-related concerns – such as "Do I go through surgery or live with pain?" or "Why should I start exercising now?" – to decisions about buying a vehicle or keeping the old one.

"Aging brings both subtle and not-so-subtle changes to our lives. I discuss ways to identify those changes so we can have a sense of control as they happen, because change is inevitable," said Mahaffey

The conference features more than 40 breakout sessions, a Wellness Expo, film festival, exhibitors and other activities.

Touchmark at Coffee Creek is a Bronze sponsor of the conference, which celebrates older Oklahomans with the theme "Inspired Living."

The professional days are May 21 and 22 and provide professional development for professionals, students and advocates in the field of aging. Up to eight CEUs are available.

All participants must register by May 9. Due to the size of the event, walk-ins are not accepted. A complete listing of breakout sessions and speakers is at www.okagingconference.com/speak, plus a listing of sponsors, exhibitors and conference events. You can register online or call 405-325-1022 to register.

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. A full-service retirement community, 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.

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TOUCHMARK *at Coffee Creek*

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