

# NEWS RELEASE



For immediate release

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For further information:

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## **Music and memory loss talk offered at Touchmark**

HELENA, Mont. – “Music and Memory Loss” will be presented by board-certified music therapist David Parker on Friday, Oct. 16, at 11 a.m. at Touchmark on Saddle Drive in Helena.

The presentation is part of a series for those caring for someone with memory loss being offered by Touchmark. There is no charge for the talks, which are open to the public.

Parker will share how music can produce change and improve quality of life. His clinical, research-based practice uses music to support specific health-related goals. These goals include helping people learn to speak or regain the use of arms or legs after a stroke, increase endurance and balance, improve focus, find relief from chronic pain, improve socialization skills, decrease stress and anxiety, review and celebrate life with family during palliative care and stimulate memories and connections in people living with Alzheimer’s disease and other dementia.

Registration for the presentation is requested by October 13 by calling 449-4900. Touchmark is located at 915 Saddle Drive.

### **About Touchmark**

A full-service retirement community, Touchmark on Saddle Drive offers people a wide range of homes and lifestyle options, including memory care services. More information is available at [Touchmark.com](http://Touchmark.com).

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