



**For immediate release**

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## **Touchmark offers program for caregivers of those with Parkinson's disease**

VANCOUVER, Wash. — Touchmark at Fairway Village is hosting an afternoon designed to support those caring for someone with Parkinson's disease.

Starting at 1:30 p.m. on Friday, May 12, the program will feature three speakers. Heidi Chaimov is the executive director of Parkinson's Resources of Oregon. She will offer information about the resources available to caregivers. Jan Beyer, a personal trainer with Touchmark Health & Fitness Club, will encourage caregivers to take care of themselves through exercise and offer tips to incorporate fitness into their daily routines. Edri Geiger will speak about her experience taking care of her late husband as he lived with Parkinson's disease.

There is no charge for the event. To RSVP, call Jennifer Prescott at 360-433-6321 by May 9. Touchmark is located at 2911 SE Village Loop in Vancouver.

"Touchmark offers a variety of services, classes, and support for people living with Parkinson's disease," says Jennifer Short, director of the Touchmark Health & Fitness Club. "We wanted to create an event designed just for the caregivers, to give them an afternoon of respite and rejuvenation."

### **About Touchmark at Fairway Village**

Touchmark at Fairway Village is a full-service retirement community offering a wide range of retirement homes, lifestyle options and services, including an on-site Health and Fitness Club for people ages 50 and greater. More information is available at [Touchmark.com](http://Touchmark.com).

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