

NEWS RELEASE



For immediate release

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Touchmark recognizing Parkinson's Awareness Month with added services

EDMOND, Okla. – People living with Parkinson's disease have an opportunity to explore the benefits of targeted exercise tailored for their needs as well as support groups at Touchmark at Coffee Creek, which is increasing services to those living with the progressive disease. The retirement community is also hosting an informative presentation by the Parkinson's Foundation this month.

There are an estimated 15,000 people with Parkinson's in Oklahoma, and April is designated as Parkinson's Awareness Month.

The Edmond full-service retirement community is now offering PWR! Moves (Parkinson's Wellness Recovery) classes, an exercise program developed for those with the disease that targets multiple symptoms and allows for adaptation as the disease advances.

Touchmark Exercise Specialist Hannah Eckel is a certified PWR! Instructor and is offering regular classes, which are open to the public. Classes are held Tuesdays and Thursdays, 10 - 10:45 a.m. Class fees are \$115 for eight weeks, \$60 for four weeks or \$10 drop-in rate. Call 406-340-1975 to schedule an assessment with Eckel prior to participation.

"I'm excited to expand our program," says Eckel. "Everything in the research confirms exercise is the best medicine for people with Parkinson's. While exercise is one of the most important activities for anyone, it's especially vital for those living with this degenerative disease."

Parkinson's Foundation presentation

Touchmark is also recognizing Parkinson's Awareness Month with an informative lecture by Bruce McIntire at 11 a.m. on Thursday, April 19. McIntire is the executive director for the Parkinson's Foundation of Oklahoma and will speak about resources available to those living with Parkinson's in the Oklahoma City and Edmond area. Light appetizers will be served. There is no charge, but seating is limited. Call 405-340-1975 to RSVP.

Support available

Touchmark also recently added a support group for people in the early stages of
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TOUCHMARK AT COFFEE CREEK
Full-service Retirement Community
2801 Shortgrass Road • Edmond, OK 73003
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Parkinson's disease. Participants discuss ways to live their best life. The group meets at 11 a.m. on the third Thursday of each month at Touchmark.

According to the Parkinson's Foundation of Oklahoma, the disease is the second most common neurodegenerative disease after Alzheimer's, affecting more than one million people in the United States.

Touchmark is located at 2801 Shortgrass Road in Edmond.

About Touchmark at Coffee Creek

Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes 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](tel:405-340-1975) or visit Touchmark.com.

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