



FOR IMMEDIATE RELEASE

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Michelle Sue appointed new Touchmark Director of Health & Fitness Operations

BEAVERTON, Ore. — Michelle Sue has been named Director of Touchmark's Health & Fitness Operations and is responsible for overseeing all aspects of health and fitness for Touchmark residents, Health & Fitness Club members, staff and guests throughout Touchmark retirement communities in the U.S. and Alberta, Canada. She also leads Touchmark's Injury Prevention and Movement Disorder programs.

Sue brings more than 20 years of experience in health, fitness and wellness to her new role. Most recently, she was the Health & Fitness Director for Touchmark in the West Hills. Prior to that, she spent 11 years as the Fitness Manager for the Oregon Health & Science University's march wellness & fitness center. Before that, she served 10 years at Boeing in its Life & Wellness Services department, eventually overseeing operations for satellite fitness facilities throughout Puget Sound.

She earned a Bachelor of Science in Exercise Science & Health Promotion and a minor in Business from Eastern Washington University. Sue holds a certification with the American College of Sports Medicine as a Certified Exercise Physiologist and is a Certified Functional Aging Specialist.

About Touchmark

An award-winning company, Touchmark builds and operates full-service retirement communities and has been a leader in retirement living for nearly 40 years. Currently, there are 13 communities in nine states and a Canadian province, all offering a continuum of services through multiple levels of licensed care and supporting residents to their highest level of independence. The newest community — Touchmark in the West Hills — opened this summer and offers active-adult, condo-style living as well as assisted living, early dementia support, memory care and home care. An on-site Health & Fitness Club offering an indoor pool, state-of-the-art equipment and certified fitness professionals is open to anyone 50-plus years. More information is available at Touchmark.com.

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