

# NEWS RELEASE



## Touchmark at Coffee Creek

**For immediate release**

May 17, 2011

For further information:

Carol Hartzog Communications  
(405) 348-8500

### **Touchmark hosts educational “coffee talk”**

EDMOND, Okla.—Touchmark at Coffee Creek is hosting an educational “coffee talk” Friday morning, presented by three respected professionals about vital issues seniors face.

The session is scheduled 9:30-11 a.m. and is open to the community. There is no charge, but reservations are requested by 4 p.m. Thursday to (405) 340-1975. Touchmark is located at 2801 Shortgrass Road in Edmond.

The topics are:

- “Healthy Eating without the Salt,” by Karen Massey, registered and licensed dietitian at Integris Health;
- “How to Help a Friend Who’s Grieving,” by Bill House of Sooner Hospice;
- “Fitness After 55,” by Lavonne Jacobsen of Jacobsen and Associates, a medical practice.

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. 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](http://TouchmarkEdmond.com).

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2801 Shortgrass Road | Edmond, OK 73003 | 405-340-1975 | 405-340-1451 FAX  
[TouchmarkEdmond.com](http://TouchmarkEdmond.com)