

For Immediate Release

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Caresource Healthcare Communications, Inc. Introduces New Book on Healthy Aging

Seattle (February 16, 2004) –

Caresource Healthcare Communications, Inc. is pleased to introduce *Aging in Stride*, a comprehensive, new consumer guide to healthy aging.

Aging in Stride has been identified by professionals in the aging community as *the* book to have on aging. *Aging in Stride* has co-marketing support from the American Society on Aging, and its co-publishing partners, including Easter Seals, the SPRY Foundation, the Society for Healthcare and Consumer Advocacy, the American Academy of Physician Assistants, the New York State Health Facilities Association, the Health Care Association of New Jersey, the California Association of Health Facilities, the Virginia Health Care Association, Care Providers of Minnesota, the Wisconsin Health Care Association, the Health Facilities Association of Maryland, the Louisiana Health Care Association, and The Fountains Foundation. Responses from professionals in the community includes:

“Comprehensive, well organized, and easy to use. A book older persons and their families will trust and turn to over and over again.” - *T. Franklin Williams, M.D., former director of the National Institute on Aging*

“Reading *Aging in Stride* is like having an important conversation with a wise friend. It is an excellent book – remarkable for its range of topics, the quality of its advice, and its clarity of writing.” - *Robert L. Kahn, Ph.D., Co-author, Successful Aging*

Aging in Stride's 384 pages are organized into 45 separate issue discussions, each followed by a list of "more resources," plus a collection of 26 forms to help gather and organize information and plan for the future. Issues cover such topics as: What choices and factors will most contribute to my health, independence, and happiness as I age? How do Medicare and Social Security work? What types of advance planning should I be thinking about? What diet and forms of exercise will help me age well? What should I know about the network of senior services in my community? How can I reduce my risks of a fall or an accident, whether I'm at home, out and about, or driving a car? What should my family and I know about working together on the issues that concern us?

The new book also includes an online Reader Support Center at www.AgingInStride.org. The online feature will be handy for readers with Internet access. They can browse and select -- usually with just one click -- any of the online resources listed in the book. They can also print out any of the book's forms for their own use.

Aging in Stride is co-authored by three experts on aging and eldercare, each with a different focus: a physician, a minister and family counselor, and a lawyer. The book is designed to fill the tremendous need that exists today for practical, easy-to-understand information on what it really means to age successfully.

Aging in Stride is now available by phoning 1-800-448-5213 or may be ordered online at www.AgingInStride.org. The price is \$24.95, plus shipping and handling. *Aging in Stride* will be available in a bookstore near you in April 2004.

A suggested short article may be downloaded in Word or PDF format at:

www.aginginstride.org/mediacenter.htm

To request a review copy of this book, please email Connie Parsons at

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