

**For Immediate Release  
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### *Aging in Stride* – Laying a Foundation for Health and Happiness in Your Retirement Years

Growing older: it's something that happens to all of us – if we're lucky. But how many of us a conscious effort to prepare for our later years? A new book – *Aging in Stride* – authored by a geriatrician, lawyer, pastor team, provides a lot of information, which combined with a bit of effort, can go a long way in making our lives much easier as we grow older. The book's message is clear. By laying the foundation for health aging - with just a little planning and teamwork; by staying physically active; by maintaining relationships with others, and by devoting some time to nurturing your spirit the golden years of our lives can be just that – Golden.

In addition to laying the foundation of the four building blocks to healthy aging, *Aging in Stride* provides the details we need to fill in the blanks: Medicare and Social Security; Types of Advance Planning; Diet and Forms of Exercise, Home and Driving Safety; the Network of Service available to help, and more. *Aging in Stride* also features a unique online Reader Support Center at [www.aginginstride.org](http://www.aginginstride.org) where readers can browse and select online resources and print out forms for their own use.

*Aging in Stride* has been identified by professionals in the aging community as *the* book to have on aging. Responses from professionals in the community include:

“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*

Many of us think of growing older in largely negative terms. But few would deny that it beats the alternative! In truth, every age is what we make of it. And for those of us approaching or already in our retirement years, the good news is that there are many excellent resources and proven strategies available to help, as we tackle the challenge of “healthy aging.” This is one of those aspects of living in which a little knowledge really does go a long way.

*Aging in Stride* is available for \$24.95 at bookstores, at [www.aginginstride.org](http://www.aginginstride.org), or by calling 800-448-5213.

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**Authors:** Christine Himes, M.D., Elizabeth Oettinger, M.Div., Dennis Kenny, J.D.

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