

**FOR IMMEDIATE RELEASE**

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**New Book *Aging in Stride* Offers Answers on Improving Your Life While Getting Older**

August, 2005 (Seattle, WA) - *Aging In Stride* by Christine Himes, M.D., Elizabeth N. Oettinger, M. Div. and Dennis E. Kenny, JD are the winners of the 2005 Independent Publisher Book Award for best Aging book.

Throughout the comprehensive reference *Aging in Stride*, the authors share a common perspective on aging, allowing readers to understand and overcome the challenges of getting older. The book identifies a multitude of aging issues older people may deal with and provides practical strategies on how to face them. *Aging in Stride* celebrates the spirit of aging and the tools each of us have to make the very best choices concerning our future. The book helps readers create a plan of action that focuses on wisdom, experience, maturity and the attitude and willingness to make healthy investments into our lives. Its goal is to have readers plan ahead, stay connected and keep moving.

The book works from four basic "Building Blocks" that serve as the main themes throughout. They include: Planning and Teamwork, Staying Physically Active, Relationships with Others and Nurturing Your Spirit. Topics covered in the book include Safety and Security, Staying in Your Own Home, Health Concerns of Older Adults, Legal and Financial Concerns among others. *Aging in Stride* also includes more than forty-five helpful forms to keep you organized and stay on track.

*Aging in Stride* has received glowing reviews from families and healthcare professionals across the country. Cheryl Hopkins, Patient Representative at Borgess Medical Center in Kalamazoo, Michigan described the book as "...an excellent guide for three groups: older adults, concerned family members and health care professionals who work with older people. A 'must have' book for anyone interested in practical advice on aging and eldercare."

*Aging in Stride* offers an online Reader Support Center at [www.aginginstride.org](http://www.aginginstride.org)

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[www.caresource.com](http://www.caresource.com)