

For Immediate Release

Seniors Lifestyle Exchange Group Provides Timely Age-Related Information, Education and Local Resources to the Growing Aging Population in Marin County

Marin County, CA, April 22, 2010 – The Seniors Lifestyle Exchange (SLE) <http://www.gmgreen.com/the-sres-team.asp>, is a networking and speaking group of local Marin County professionals and service providers that are committed to providing information, education and resources to adults over 55 years-old that are challenged with aging issues and concerns either for themselves or family members. The over 25 members are experts in a wide array of professions that can assist aging adults with resources and services that help them make the right decision for a vibrant life as they age.

According to the 2000 Census, 43% of the population of Marin County is over 45 years. With the coming 2010 census, this number is expected to increase significantly. The SLE group's members are poised and ready to address the challenges that both baby boomers and seniors are addressing now and in the future. These members, who are experts in their fields, are committed to helping older adults navigate the wide array of resources and information on aging issues such as adapting their residence to accommodate their changing mobility needs, evaluating homecare, housing or assisted living, or providing senior transition, financial or health services. Each SLE member follows a "Code of Professional Responsibility" based on the standards of trustworthiness, fairness and professionalism.

The SLE group also provides free community events in Marin County on various topics:

- Nutrition and exercise
- Seniors and Driving
- Costs & How to Pay for Elder Care
- Fall Prevention at Home
- What is the VA Aid & Attendance Benefit?
- Understanding Types of Elder Care Available
- What is Universal Design and What Does it Have to do with Aging?
- Household Safety
- Preventing Senior Fraud
- What to Consider Before Moving to a Senior Community

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Mark Dawson, Senior Real Estate Specialist (SRES), Founding Partner of GM Green Real Estate, Inc. and Founder of SLE says, “As a real estate agent with over 20 years experience in Marin County, I found that many seniors needed more than having their house listed. They had other issues – many times health issues – that needed to be addressed before they could even consider moving. This is why I founded the Seniors Lifestyle Exchange – so I could have a group of professionals available to me to help seniors solve these other concerns.”

The SLE members are available to create a free, in-home, “New Lifestyle Action Plan,” which is a comprehensive written report containing the keys to sensible, timely decisions regarding a lifestyle change. Call Mark Dawson at (415) 308-3735 or email: mdawson@gmgreen.com, to receive a free plan.

Contacts:

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