



SENIOR LIVING
HEALTHPRO HERITAGE

HealthyLiving

WELLNESS FOR LIFE!

Senior Living Residents Remain
Active, Independent and Fulfilled

Research shows that whole-person wellness is the key to quality of life. We are committed to supporting residents to enjoy a vibrant, independent experience by offering the unique HealthyLiving Wellness Program.

93% of Residents who participate in HealthyLiving are satisfied with the program's outcomes.

HealthyLiving Wellness Program is based on the Six Dimensions of Wellness and promotes healthy body, mind, and spirit via an integrated approach:

- Prioritizes preventative care
- Informs & inspires
- Fosters self-care & motivation
- Leverages a team approach



SIX DIMENSIONS OF HEALTH & WELLNESS

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HEALTHYFIT

One-on-one personal training (virtual or in-person) featuring exercise activities to maintain current energy & abilities. Customized sessions are conveniently scheduled with a dedicated licensed therapist.

HEALTH LITERACY SERIES

Inspires & informs those with chronic ailments to better manage medical conditions on-going. Health Literacy programs are specific to the physical, social, and intellectual growth & well-being and include specific guidance for:

- Arthritis & Joint Replacement
- Pain Management
- Congestive Heart Failure / COPD
- Diabetes
- Dementia
- Parkinson's Disease

DISCOVERY SERIES

Monthly lecture series & resource library fosters healthier, active lifestyles & addresses common pitfalls to a strong and active lifestyle. Dynamic, interactive presentations focus on relevant topics such as:

- Low Vision & Hearing Challenges
- Arthritis & Joint Health
- Healthy Back
- Heart Health
- Memory Care
- Pain Management
- Brain Fitness
- Balance & Falls Prevention
- Diabetes & Foot Care

"My Dad and I are very pleased with the HealthyLiving program! His therapists were able to pin-point his challenges and address them with customized therapy. Now he's maintaining his level of activity & enjoying activities that keep him happy & engaged!"
– Son of HealthyLiving participant

ASSESSMENTS

HealthyLiving Wellness Assessments identify risk factors in order to customize a plan with specific goals to maintain strength, balance, energy, motivation & independence.

ADDITIONAL SERVICES*

- Group Classes
- One-on-One Wellness & Fitness Consultations
- Physical, Occupational and Speech Therapy available on site or in your home

** Additional charges may be associated with these services*

IN COLLABORATION WITH

