

WAYS SENIOR LIVING **COMMUNITIES PROMOTE HEALTH & HAPPINESS**

and health that focuses on achieving balance in many ways, including emotionally, intellectually, and socially. Senior living communities can help support the many levels of personal wellness.

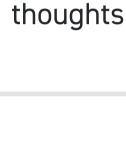
Personal wellness is a holistic approach to life

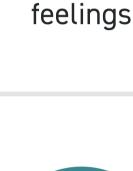
personal wellness in 3 key ways:

Senior communities enhance

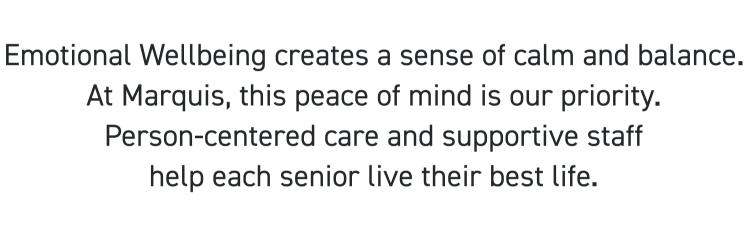
Emotional Wellbeing

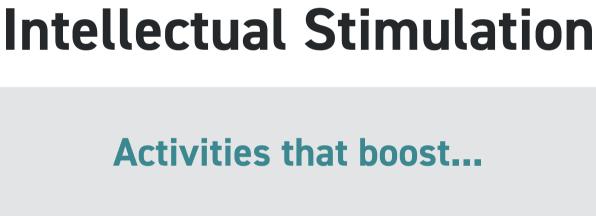
Responding positively to...











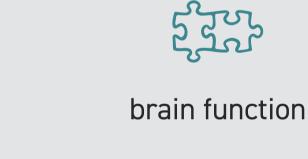


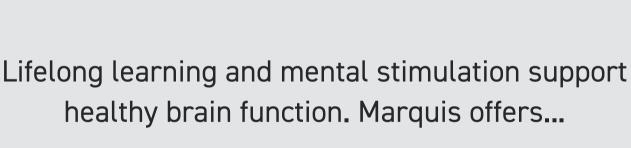
book

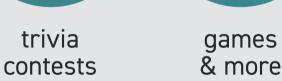
clubs

educational

seminars









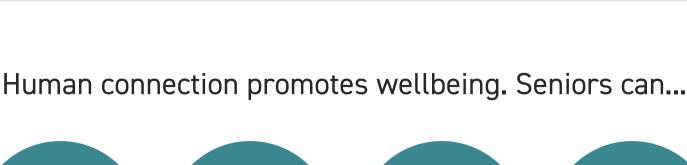
games

Social Interaction

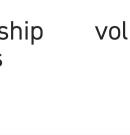
Engaging with...

to support cognitive health.



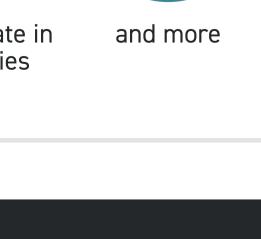












Marquis understands some people prefer their quiet time.

Social interactions are tailored to the resident's needs and wants and they can participate as much or as little as they prefer.



aspentechpolicyhub.org, aarp.org, cnbc.com

Sources: marketplace.org, consumerreports.org, aarp.org,