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WAYS SENIOR LIVING COMMUNITIES PROMOTE HEALTH & HAPPINESS

Personal wellness is a holistic approach to life 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.

Senior communities enhance personal wellness in 3 key ways:

1

Emotional Wellbeing

Responding positively to...



thoughts



feelings



behavior



Emotional Wellbeing creates a sense of calm and balance. At Marquis, this peace of mind is our priority. Person-centered care and supportive staff help each senior live their best life.

2

Intellectual Stimulation

Activities that boost...



brain health



brain function

Lifelong learning and mental stimulation support healthy brain function. Marquis offers...



educational seminars



book clubs



trivia contests



games & more

to support cognitive health.

3

Social Interaction

Engaging with...



the world



people around you

Human connection promotes wellbeing. Seniors can...



attend worship services



volunteer



participate in activities



and more

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.