



LIVE WELL AGE WELL

Thanks to advances in medicine and nutrition, people today are living 10-15 years longer than just a few decades ago. A longer life gives you more time to enjoy hobbies, spend time with loved ones, and make new memories.

But healthy aging isn't just about adding years to your life—it's about how well you feel during those years. By taking care of your body and mind, you can stay active, strong, and ready to enjoy every stage of life.

SIMPLE HABITS THAT MAKE A BIG DIFFERENCE:



SLEEP WELL

7-8 hours of sleep each night helps your body recover and keeps your memory sharp.



MOVE MORE

Sitting too long can affect your heart, muscles, and mood.
Move every 30-60 minutes.



FIND JOY IN WHAT YOU DO

Laughter, music, and hobbies lower stress and boost your mood.



STRENGTH TRAINING

You don't need a gym. Lifting soup cans can help keep muscles and bones strong.



BRAIN WORK

If you read often, try painting.
New activities build new brain connections.



EAT SUPERFOODS

Blueberries protect brain cells with **antioxidants** & salmon's **omega-3** support heart health.

HOW CAN THERAPY HELP?

Our therapy team specializes in helping older adults stay strong, steady and active. Talk to your doctor about the benefits of therapy and how it can help you keep moving, stay independent and feel your best every day.