

LIVE
WELL.
EAT
WELL.
BE
WELL.

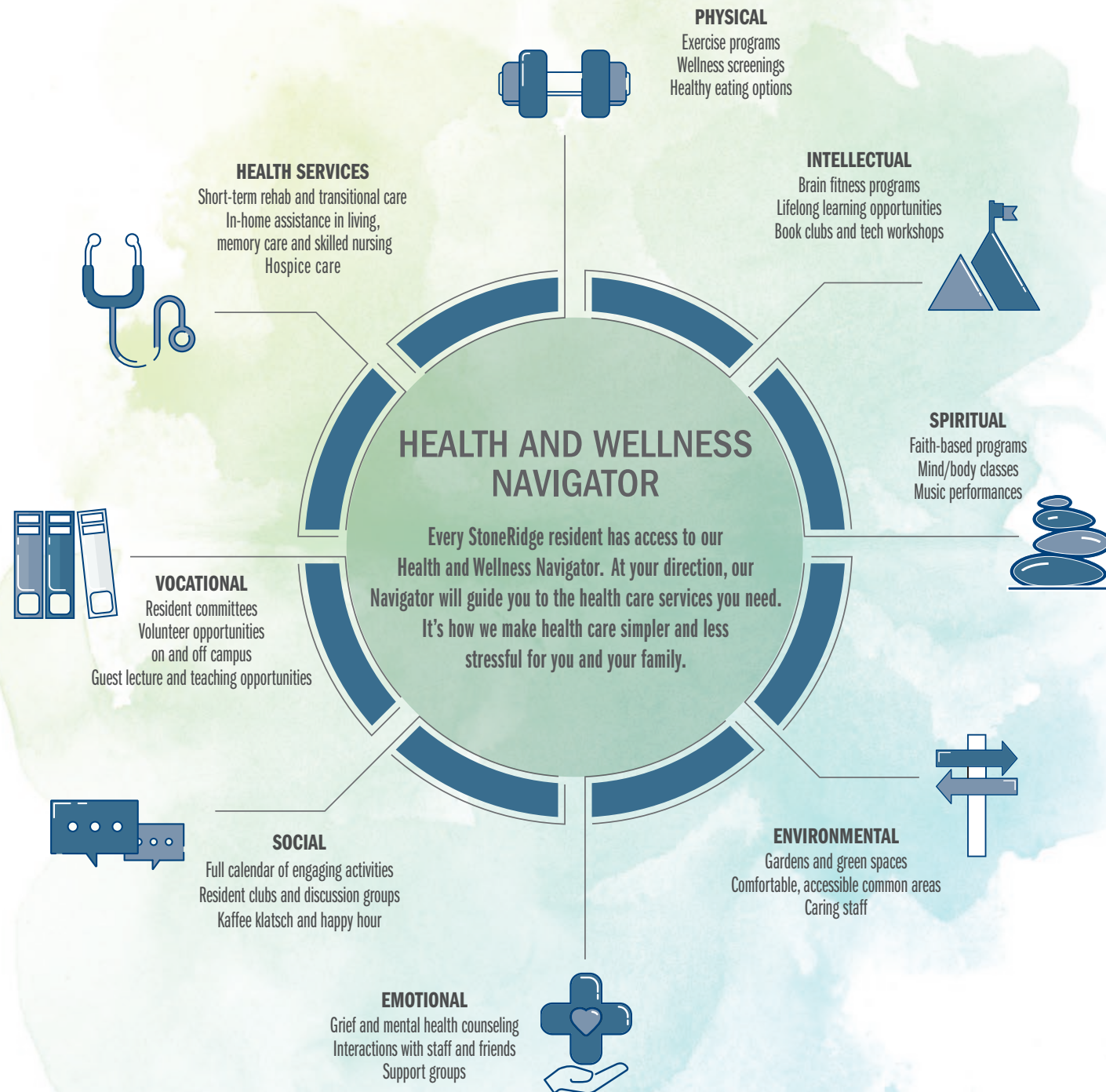


HealthyLife[®]
Services

8 Dimensions of Wellness

THERE’S MORE TO WELLNESS THAN EXERCISE AND DIET.

Social connections, intellectual stimulation and purposeful living are essential components for a healthier, more enjoyable life. Our *HealthyLife Services* integrates 8 dimensions of wellness for enhancing overall health.



HealthyLife Services

At StoneRidge, we want you to enjoy an active, healthy lifestyle for many years to come. So we’ve created a program to help you do just that. Called *HealthyLife Services*, it encompasses four categories of life enrichment that contribute to overall health: **Active Life, Well-Being, Fitness and Nutrition.**





Active Life

Participating in activities that you enjoy is essential to healthy aging. Just tell us what you'd like to do, and we'll make it happen.

- Wide variety of life-enriching activities based on resident preferences
- Bridge and card games
- Arts and crafts, painting, woodworking
- Book clubs and memoir writing
- Computer classes
- Language classes
- Guest lectures and presentations
- Shopping trips and cultural outings
- Movie nights and concerts in the auditorium
- Volunteer opportunities within the community and at local organizations

Well-Being

From preventive health screenings to assistance in obtaining health services, your well-being is our top priority.

- Health and Wellness Navigator available to coordinate all health-related care for residents
- Preventive health screenings
- Personalized wellness plans
- Assistance in securing health and medical appointments
- Scheduled transportation to medical appointments and places of worship
- Emergency response system in every apartment
- Support groups

Fitness

We offer a variety of classes to help you reach your personal fitness goals and feel your best.

- Instructors NIFS-certified in senior fitness
- AquaFit strength and stretching classes in our heated indoor pool
- Fall prevention and balance training
- Strength and cardio classes
- Tai chi and yoga classes
- Meditation classes
- Walking programs indoors and outdoors
- Access to trails in adjacent nature preserve
- Fun fitness challenges
- Fitness education, wellness programs and guest speakers

Nutrition

From garden-fresh salads to catch-of-the-day seafood, healthy and delicious are always on the menu.

- Emphasis on fresh produce from Connecticut farms, nutritious ingredients and “from-scratch” cooking whenever possible
- Healthy, well-balanced menu options, including low-fat, sugar-free, gluten-free and vegetarian choices
- Choice of casual and fine dining venues — Main Dining Room, Fireside Room, Mariner's Grille and outdoor terrace dining
- Convenient “to-go” meal service
- Private dining, catering, special occasion celebrations, and catered service available at an additional charge



To learn how we can make your life
healthier and happier, call 860.572.4494.



Managed by  Life Care Services®

186 Jerry Browne Road | Mystic, CT 06355
www.StoneRidgeLCS.com