



Unlock Your Potential...

Get involved in the Wellness Committee and have an active role in your community!

- Health Heart Month Walks
- Pop-Up Fitness Classes
- Active Aging Week
- Senior Health & Fitness Day
- Fund-raising events for Parkinson's, Alzheimer's, Breast Cancer & more
- Forever Home Animal Shelter Food and Bedding Drive
- Resident Run Classes: Tai Chi, Bone Builders, Meditation & much more
- Blood Drives

**expand
your horizons!**

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