

Social Seniors Are Happier, Healthier Seniors.

BENEFITS OF SENIOR LIVING

Having social connections can have a significant impact on your health and happiness. In fact, loneliness is linked to depression and other chronic health conditions.



Promotes Cognitive Functioning

Mental exercise through simple socializing promotes general cognitive functioning.

Increases Positive Outlook on Life

Seniors who establish friendships are less likely to become depressed. Friendships contribute to happiness and a healthier lifestyle.



Improves Nutrition

Community dining offers easy, convenient dining options that encourage residents to eat well-balanced, regular meals.

Enhances Mobility

Living in a community—where there is more trust and helpful neighbors—residents feel more comfortable walking around.



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