

Feeling Your Best

Your health and wellness depend on many facets of everyday life, from getting plenty of rest and exercise to feeling loved and appreciated. At Asbury Village, you'll find our holistic approach to wellness balances the needs of mind, body and soul to help you feel your best.

8 DIMENSIONS OF WELLNESS

Led by the 8 Dimensions of Wellness, our Lifestyle and Wellness Program, *Living Easy, Living Well*, gives you all the elements for vibrant, healthy living right here in a friendly, welcoming community.



SOCIAL

Make connections, feel like you belong

With music, arts and crafts, cards and games, sporting events, holiday parties and more, it's easy to socialize, build meaningful relationships and expand your support system.



INTELLECTUAL

Learn, try new things, be creative and curious

At Asbury Village, guest speakers, classes, day trips, even conversations with well-traveled neighbors offer opportunities for learning, idea sharing, problem solving and personal growth.



ENVIRONMENTAL

Enjoy comfortable, safe surroundings

Within a lovely, countryside setting, Asbury Village's happy, uplifting neighborhood bustles with activity. Join friends and neighbors in making our community a warm, welcoming home.



VOCATIONAL

Share your time and talents, volunteer, be involved

Whether volunteering, teaching others or leading a favorite cause at Asbury Village, pursuing your purpose fosters enhanced self-esteem and mental and emotional well-being.



EMOTIONAL

Develop coping skills, ask for help when you need it

At Asbury Village, you can access a variety of resources, including exercise classes for managing stress, support groups, spiritual counseling, health navigator, massage therapy and more.



SPIRITUAL

Nurture a sense of meaning and purpose

Asbury Village welcomes people of all beliefs. Here, you'll find a nurturing place and ample opportunities for your spiritual journey, whether it's traditional or alternative.



PHYSICAL

Exercise, eat well and get plenty of sleep

With walking paths, a fitness center, exercise classes and delicious restaurant-style dining, it's easy to work up a sweat and an appetite. An attentive staff and fewer worries ensure a good night's sleep.



HEALTH SERVICES

Foster good health with ongoing care and support

At Asbury Village, attentive care is close by with a clinic for routine exams, a health navigator to assist with medical paperwork and directing resources, on-site rehabilitative therapies, home health care and more.



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Managed by Life Care Services®

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