



Chelsea
Retirement
Community



EXPERIENCE HEALTHY AGING

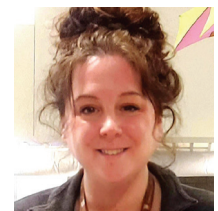
WELLNESS AT CHELSEA RETIREMENT COMMUNITY

FEBRUARY 7 OR FEBRUARY 21 AT 11:00 AM

CHELSEA RETIREMENT COMMUNITY

805 WEST MIDDLE STREET, CHELSEA, MICHIGAN 48118

JOIN US TO LEARN MORE ABOUT BALANCED LIVING - OUR NEW WELLNESS AND LIFESTYLE PROGRAM! Director of Lifestyle & Health, Tylene Costello, will dive into the offerings of our state-of-the-art wellness center and individualized fitness regimens for residents. From fitness equipment orientation to group classes and personal training, learn more about how these varied programs will promote your overall wellness. On our tour of the McMullen Wellness Center, you will see first hand how wellness is integrated into residents' daily lives.



Tylene Costello



Amy Carruthers

FOLLOWING THE PRESENTATION ENJOY A DELICIOUS LUNCH!

Salmon and Sesame Jasmine Rice Bowl - with roasted soybean, lightly pickled carrot, cucumber, cilantro and a ginger turmeric dressing. or **Garlic & Honey Chicken** - served with lemon and thyme farro, and spinach.

Followed by **Broiled Banana Splits** - broiled bananas with frozen yogurt, toasted almonds, shredded chocolate, and raspberries.



Please RSVP for these events!

RSVP by **JANUARY 31** (for February 7 event)
or **FEBRUARY 14** (for February 21 event)

Call **734.562.0117**, scan the code, or visit
ChelseaRetirementCommunity.com/Healthy