

LUNCH & LEARN
LIFELONG
Wellness



Chelsea
Retirement
Community

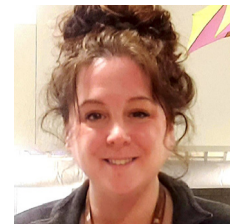
EXPERIENCE LIFELONG WELLNESS HEALTHY LIVING FOR YOUR LOVED ONE!

MARCH 6 OR MARCH 20, 2024 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, and Fitness Specialist, Amy Carruthers, will dive into the offerings of our state-of-the-art wellness center and individualized fitness regimens for **ASSISTED LIVING** residents. From fitness equipment orientation to group classes and personal training, learn more about how these varied programs will promote your loved one's overall wellness. Experience a fitness activity that our **ASSISTED LIVING** residents enjoy, and then tour the McMullen Wellness Center. You will see firsthand how wellness is integrated into **ASSISTED LIVING** residents' daily lives.



Tylene Costello



Amy Carruthers

FOLLOWING THE PRESENTATION, ENJOY A CHEF-PREPARED LUNCH THAT RESIDENTS ENJOY IN OUR DINING ROOM!

Fusilli Pasta with Broccoli Pesto and Roasted Almonds or **Roasted Pork Tenderloin** with walnuts and blueberries, served with butternut squash puree, and shaved white beets.

For dessert, enjoy a delicious **Healthy Chocolate Cake** made with black beans!



Please RSVP for these events!

RSVP by **FEBRUARY 28** (for March 6 event)
or **MARCH 13** (for March 20 event)

Call **734.212.8148**, scan the code, or visit
ChelseaRetirementCommunity.com/LifeLong