

 **GENERATIONS**
REDEFINING RETIREMENT



ENHANCE YOUR VITALITY TODAY!

Rediscovering your Vitality is not hard work but it is thoughtful work . . . let us help you design a program that fits your lifestyle today. Here's how it worked for one of your Generations neighbors:



“ When I moved here I was interested in getting back into the swimming pool. I used to love to swim when I was younger. But I did not think I could do it. Who knew the staff here would not only make it less scary, being in the water again after 35 years, but fun too. Now I swim laps in the pool 4 days a week and am improving my lap time! ”



“ You may well live into your nineties, whether you like it or not. But how you live those years, on the other hand, is largely under your control. ”

Dr. Henry S. Lodge, MD

Associate Clinical Professor of Medicine at Columbia University Medical Center, Fellow of the American College of Physicians, Board Certified Internist and author of Younger Next Year.



Vitality
AT CHERRYWOOD VILLAGE

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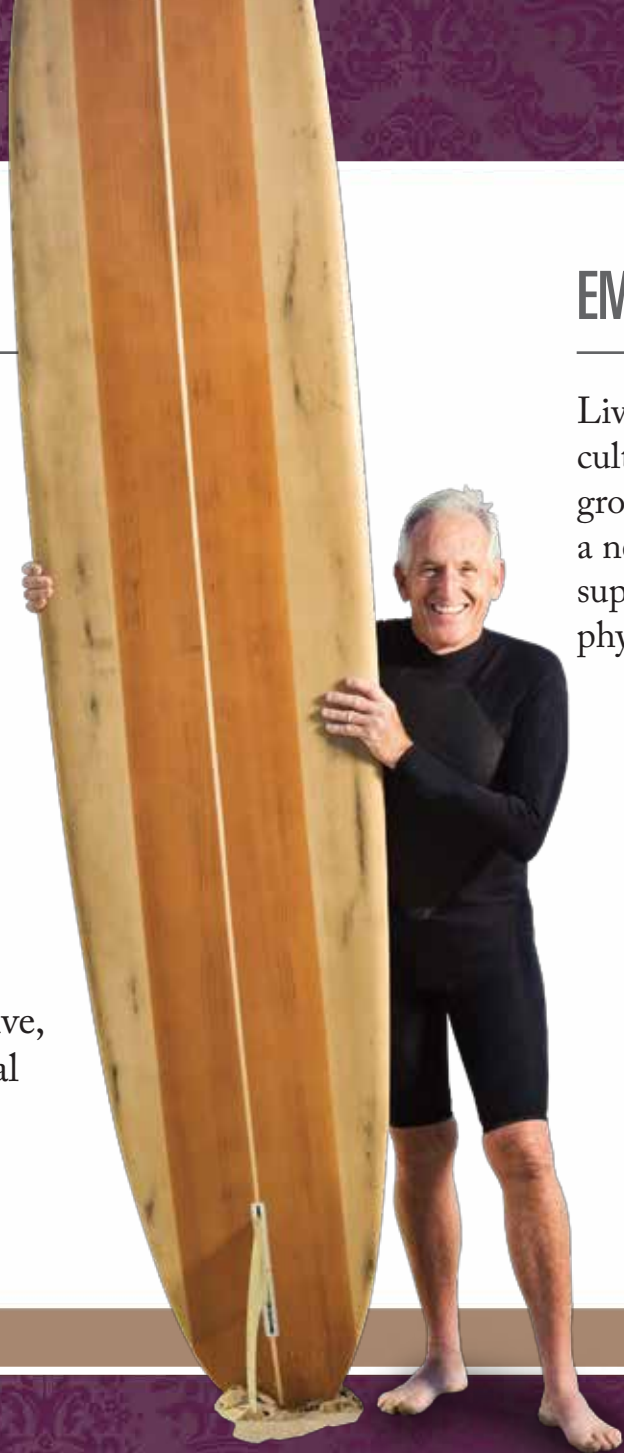
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WHY VITALITY?

At Generations, Vitality is so much more than physical fitness. Living with Vitality means creating a balanced focus into all areas crucial to wellbeing – mind, body and spirit!

Vitality at CherryWood Village is carefully designed to provide you with a wealth of opportunities to explore, discover and rediscover at your own pace, on your own terms. We are here to support and coach you through an abundance of offerings that enhance all aspects of wellbeing, giving you the life you deserve.

vi-tal-i-ty /noun/ The capacity to live, grow and develop. Physical and intellectual vigor.



EMPOWERING YOU!

Living with Vitality means inspiring and cultivating within yourself a devotion to growing your own health and wellness in a new way, that recognizes that fully supporting social, emotional, mental, physical, vocational and spiritual needs is

a perfect recipe for having a happy and dynamic life. The Vitality Director and team at CherryWood Village have designed programs to empower you to thrive and fully engage in balanced wellbeing.



MIND

SHARPEN YOUR MIND

Brain Fitness Classes

Higher Education Opportunities

Cultural Exploration



BODY

STRENGTHEN YOUR BODY

Health & Wellness Education

Exercise Classes & Coaching

Fitness & Balance Testing

Healthy Dining Choices



SPIRIT

LIFT YOUR SPIRIT

Worship Services

Gratitude & Mindfulness Workshops

Support Groups

TOOLS FOR LIFE QUALITY:

We live in an extraordinary era where overall longevity continues to grow. However, while the world of medicine is doing a progressively better job at extending the *length* of a person's life, it is ill-equipped to address improving the *quality* of a person's life. And quality is critical for Vitality.

No matter what your age or current health, Vitality's integrated approach of evidence-based programs and objective measurement tools will give you the support and direction to greatly amplify the quality of your life.

