

THE VALUE OF OPTIMAL LIVING AT THE CHARLESTON SENIOR COMMUNITY

PROACTIVE APPROACH TO FUNCTIONAL WELLNESS



Exclusive and unrestricted access to wellness services beyond insurance through the continuum of care including:

- 1 on 1 wellness sessions with an Exercise Physiologist as indicated
- Group exercise classes led by an Exercise Physiologist in an open social setting



Full-time Wellness Director and Exercise Physiologist



Immediate assessment upon move-in



Progressive, intensive, and individualized wellness programs including:

- Progressive strength training
- Individualized neuromuscular re-education and balance protocols
- Whole body aerobic and cardiovascular programs to promote heart health
- Cognitive wellness programming for all residents



Ongoing scheduled assessments for all residents to monitor their strength, mobility, balance, and quality of life



Immediate assessment in response to concerns and recognized changes

