

## Celebrate Life



At Prestige Senior Living, we believe life should be a celebration! Studies have shown that up to 70% of what you feel from aging, is optional. The key to active, successful aging is your lifestyle. It is about wellness and nurturing body, mind and spirit.

Join us for one of our complimentary educational seminars that promote healthy, fulfilled living, at every age.

**THURSDAY, JULY 25, 3:00 PM – 4:00 PM**

### **Worried About Falling?** *Presented by Adrian Cagigas, MA, ATC, ATIL*

More than half of people over the age of 80 will fall every year, and 87% of all fractures in this age group are due to falls. The good news is that falls can be prevented. Learn what causes people to fall, and what can be done to reduce the risk of falling.



**THURSDAY, AUGUST 22, 3:00 PM – 4:00 PM**

### **Master Your Mind** *Presented by Gary Spillane, MOTR/L*

Are you worried about memory loss? Did you know there are things you can do to improve it? Just like exercise is good for your body, it is also good for your brain. Learn what you can do to help keep your mind sharp and improve your memory.



**FRIDAY, SEPTEMBER 13, 2:00 PM – 3:30 PM**

### **Paint & Sip** *Presented by Robert Graves Gallery, Wenatchee Valley College*

No painting experience is necessary for this session, and all the paints, brushes, canvas and techniques will be provided. We will provide the drinks for you to sip while you paint. No cost to residents. \$20/person for outside guests. Seating is limited, RSVP by Monday, September 9.



Seats are limited. Call **(509) 884-3938** to reserve your spot today!

**Prestige Senior Living at East Wenatchee**  
589 Highline Drive  
East Wenatchee, WA 98802



**Prestige Senior Living, L.L.C.**