



Healthy Mind, Healthy Life

Mindfulness SERIES

Presented by
Rise Well-Being Center

Attaining and maintaining balance, peace and well-being in our lives is essential for healthy aging. In this 5-month series, residents will have the opportunity to

try innovative as well as time-tested approaches to "whole being" health. Relax, renew, and uplift your well-being as you learn to embody true wellness.

All programs are held Thursday mornings at 11:00 a.m. at Tall Oaks.

June 27 | Laughter is the Best Medicine

July 25 | Brain Games

August 29 | Sound Therapy

September 26 | What is Holistic Health?

October 31 | Better Sleep/Better You

Don't miss our NEW Movement, Meditation and Wellness classes. Contact our friendly admissions team today! Call 703-834-9800 or email Nicole Zuke at NZuke@TallOaksAL.com for our current rent specials.



703.834.9800

www.TallOaksAL.com

12052 N Shore Drive

Reston, VA 20190

Tall Oaks

ASSISTED  LIVING

RISING TO NEW HEIGHTS



Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.

