

## **Recreational time: Tai Chi**

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## **Safety & independence: How technology is transforming senior living**

Thinking about senior living? Discover 7 surprising benefits of moving into a senior community – from enhanced social life and safety to better health and carefree living. A smart step toward comfort and independence.

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## **Life after 60: Embracing a new chapter with Joy and Peace**

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# **Senior living vs. Aging in place: Which is right for your loved one?**

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## **Essential nutrition guidelines for seniors in assisted living**

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