



EXTENDED WELLNESS EXPERIENCE

In-Depth Package for Enhanced Well-Being

A serene, sunlit scene of a mature walking along a beach or garden pathway, accompanied by a wellness coach or nurse. Soft green and gold tones to match Golden Ages branding.



Holistic Wellness Programs

- Personalized fitness & mobility sessions
- Tai Chi or Yoga, meditation, and mindfulness classes
- Beachside or garden morning exercises



Integrated Health Monitoring

- Daily health check-ups by a professional care team
- Smart tracking via mCare platform
- Preventive care & wellness reporting



Chef-Crafted Nutrition

- Full buffet breakfast included
- Optional customized meal plans
- Nutritionally balanced daily menus



Relaxation & Rejuvenation

- Massage & spa therapies
- Hydrotherapy and wellness treatments
- Access to premium wellness facilities



Lifestyle & Enrichment Activities

- Music, movie nights & cultural experiences
- Social gatherings & community events
- Local excursions & guided tours



"Where Wellness Becomes a Way of Life"

www.goldenages.ca