



*Wesley Willows invites seniors
and their families to be...*

Happy & Healthy!



Celebrate Wellness for Winter

**Wednesday,
February 22nd**
1:30 p.m. · Town Center

45
years
Wesley Willows
An extraordinary
senior living experience

Delicious, Healthy Treats · Exercise Demonstrations · Giveaways · Tours

Be Active, Happy & Healthy and Experience our Carefree Senior Lifestyle!



Seniors and their families are invited to join us.

Wednesday, February 22nd
1:30 p.m. · Town Center

Happy & Healthy!



Attend this fun winter wellness presentation by **Kristin Stupka**, Wesley Willows Wellness Coordinator, to learn:

- Exercises that can be done in the warmth of your own home
- Emotional and social benefits of exercise
- Nutrition that can help you stay energized and healthy
- How your environment can affect your overall health and wellness



We will meet together at *the heart of Wesley Willows*, the Town Center, full of conveniences and exceptional amenities. Plus, view our newly opened Willows Suites Phase II. Our beautiful, maintenance-free homes and suites are the newest and largest in the area. Live carefree with the security and assurance that if your health needs change, personal care and health services are available, and all on the Wesley Willows campus.

Stop in for *Happy & Healthy* or call today to learn more!

Please call to RSVP by Friday, February 17th.

(815) 316-1500 www.wesleywillows.org



Independent Living Homes and Suites
Assisted Living · Memory Care · Skilled Care

45
years
Wesley
Willows

An extraordinary senior living experience

4141 North Rockton Avenue
Rockford, IL 61103

Treats
Demonstrations
Giveaways
Tours