

WHAT IS AN OPTIMUM LIFE?

When we take time to understand our residents' desires, dreams and wishes, we empower them.

Each time we honor them we make another fold into shaping their well-being and lifting them

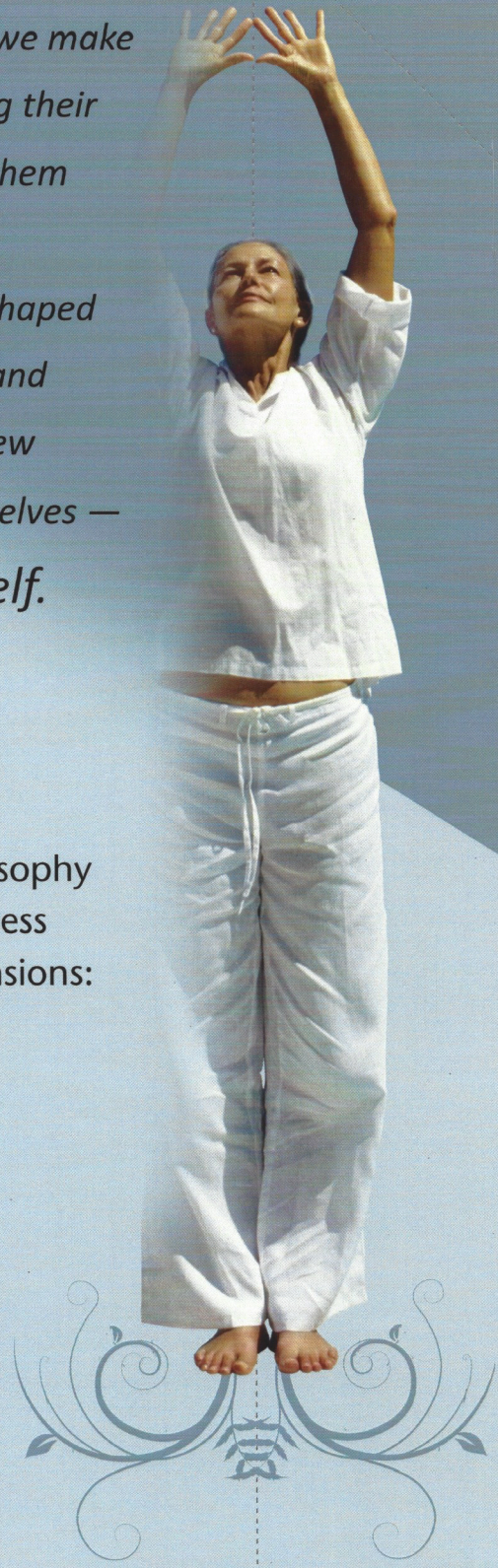
to new heights —

into becoming a newly shaped self with confidence and motivation to find new destinations within themselves —

finding whole-self.

The Optimum Life philosophy is whole person wellness encompassing six dimensions:

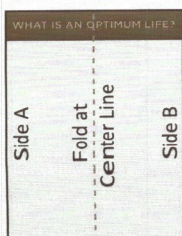
- Physical
- Emotional
- Purposeful
- Social
- Spiritual
- Intellectual



Follow these instructions to see what it's like to have an Optimum Life.
(Detach this panel before folding)

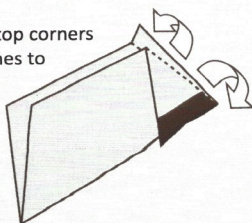
1

- Tear off these instructions
- Fold at center line so the words "Side A" and "Side B" touch



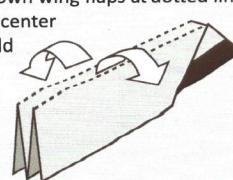
2

- Fold down top corners at dotted lines to the center line fold



3

- Fold down wing flaps at dotted lines to the center line fold



4

- Lift your wings and FLY

