

## **SUSTAINING THE GOOD LIFE WITH A WELLNESS CENTER**

Ask anyone what the most important factor of successful aging is, and they're likely to say it's one's health. Good health ensures independence, security and overall well-being and is key to sustaining a good life. As the design for the new Bryant Street Center evolves, building space for programs that promote healthy aging is a top priority.

The new Wellness Center will have a state-of-the-art fitness room with a proper floor that is easier on older joints and bodies. It will likely have mirrors for checking one's stance and perhaps a handrail or barre to help with balance. There will be rooms for massage, podiatry and health screening appointments.

Nutrition is such an important part of healthy aging, so there will be space for small cooking classes where we can learn to cook for one or two people or prepare meals for special diets.

The Wellness Center will have space for all of Avenidas health and wellness programs:

- Numerous **Fitness classes**, including General Conditioning, Pilates, Back Fitness, Hatha Yoga, Dayan Qi Gong and evidence-based programs such as Strong for Life Strong for Life, Stepping On and A Matter of Balance
- **Health screenings** such as for skin cancer, hearing loss, blood pressure and oral health, from professionals from Palo Alto Medical Foundation and Pacific Hearing Service
- **Support groups** for people who are living with chronic diseases, including Parkinson's and COPD
- By appointment **health treatments**, such as massage, podiatry, acupuncture, nail care and reiki.
- **Health insurance counseling**, assistance with **Advance Health Care Directives** and a **Loan Closet** with walkers, bath benches, wheelchairs and commodes.
- **Health classes** such as Meditation for Stress Management and Tuina

There will be a remodeled dining room where nutritional lunches will continue to be served each weekday. And after lunch there will be space for dancing and friendship.

Good health, especially mental health, calls for ongoing social engagement. Have you heard that loneliness is bad for your health and harmful to your immune system? On the other hand, who hasn't heard that "Laughter is the best medicine"? The new Bryant Street Center will promote healthy aging with spaces that encourage conversation and, yes, even laughter. Together with a new Wellness Center and dining room, the Center will be all about Successful Aging.