



PROMOTING HEALTHY LIFESTYLES

MEET OUR WELLNESS COACHES

Allison Sprecher
*Prestige Senior Living
Southern Hills*



Sarah Zwinker
*Prestige Senior Living
Orchard Heights*

Wednesday, February 10th
5:30 – 6:30pm

Join us for an on-line Zoom introduction of the Prestige Senior Living Southern Hills and Prestige Senior Living Orchard Heights Wellness Coaches. We will introduce you to Prestige's Wellness Program, which includes our Energize Exercise Classes, One-on-One Personal Training, Ageless Grace Classes and our MindMasters Program.

INTERESTED IN LEARNING MORE? CONTACT US FOR YOUR SPECIAL INVITE!

Call **Southern Hills** at **503-378-7499**, or **Orchard Heights** **503-566-9052**.

**Prestige Senior Living
Orchard Heights**
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Managed by
Prestige Senior Living, L.L.C.