

# Social Seniors Are Happier, Healthier Seniors.

## BENEFITS OF SENIOR LIVING

Having social connections can have a significant impact on your health and happiness. In fact, loneliness is linked to depression and other chronic health conditions.



### Promotes Cognitive Functioning

Mental exercise through simple socializing promotes general cognitive functioning.

### Increases Positive Outlook on Life

Seniors who establish friendships are less likely to become ~~depressed, which contributes~~ to happiness and a healthier lifestyle.



### Improves Nutrition

Community dining offers easy, convenient dining options that encourage residents to eat well-balanced, regular meals.

### Enhances Mobility

Living in a community—where there is more trust and helpful neighbors—residents feel more comfortable walking around.



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