



**THE VILLAGE AT
ORCHARD RIDGE**

A National Lutheran Community

How Life Plan Communities Can Improve Your Well-Being

Planning for the future doesn't have to be scary. At a Life Plan Community, you'll find a worry-free lifestyle, health care security and endless opportunities. Make a new friend, find a new hobby and enjoy the peace of mind of having health care available, if needed. Plus, you can say goodbye to home maintenance tasks! Keep reading to learn more about the benefits of making the move to a Life Plan Community.



1. Stay Social

There are numerous benefits to staying social, including reducing stress and improving well-being, but it can be hard to keep in touch with friends, especially as you age. At a Life Plan Community, residents never have to worry about being lonely. There are countless events and activities available to build friendships and have fun with your new neighbors.

2. Stay Active

Life Plan Communities can also help you stay active as you age. With access to a wellness center, group fitness classes, or walking trails, there's always something to do to stay moving. Not to mention, maintaining regular physical activity can improve brain health, strengthen bones and muscles and help reduce the risk of disease.

3. Stay Healthy

Another important feature of Life Plan Communities is access to health care, if needed. Most Life Plan Communities have on-campus health centers that can make all the difference in providing peace of mind. In the event of an accident or emergency, help is readily available, meaning an overall safer living environment for you or your loved one.



Call 540-486-2956 or visit: www.thevillageatorchardridge.org

The Village at Orchard Ridge is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.