



POTOMAC PLACE

# Wellness Program



Wellness for mind, body, and spirit—  
designed on an individual level to  
support your health and happiness!

*Let us pamper you.*

Enjoy all the comforts of home with less work and more fun!

Leave behind the daily hassles of home maintenance, grocery shopping, dirty dishes, and utility bills. Instead, enjoy a show, a chef-prepared meal, and a new hobby, while you trade isolation for exciting times with new friends!



“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”

*Laurette Gagnon Beaulieu*

## *Health and happiness.*

Each amenity is designed to support these two most important things in life.

Residents can experience improved brain health thanks to stimulating life enrichment activities and immersion in the arts.

Heart-healthy meals, exercise, and socialization can all benefit one's physical and emotional health. It all comes together to ensure residents experience their best retirement life.



After a personalized physical and nutritional assessment, we will develop a program for every aspect of your retirement lifestyle.

## *Mind*

- Healthy learning lectures
- Lively social events and cultural outings
- In-house theatre and arts performances featuring local artists

**CUSTOMIZED  
WELLNESS  
TAILORED  
TO YOU**

## *Body*

- Personalized nutrition program and exercise classes
- Massage therapist
- On-site concierge medical team offering a wide range of on-site services—our newest being dental care and dermatology
- Physical, occupational, and speech therapy

## *Spirit*

- Companionship of friendly neighbors
- Purpose-driven experiences to create joy, laughter, and new memories
- Opportunities for worship or meditation



Beautiful and spacious apartments are available in a variety of floor plans to meet your needs and budget. Many feature a private outdoor balcony or patio space!

## Respite

Yes, respite guests also enjoy all the features of our Wellness Program! Ask about our all-inclusive, flat-rate pricing for short-term stays in fully-furnished apartments.



Spend your quality time with family doing what you love.

**We'll take care of the rest.**

Call today to schedule your tour!



POTOMAC  
PLACE

ASSISTED LIVING AND MEMORY CARE

703-494-3817

PotomacPlace.com

2133 Montgomery Avenue  
Woodbridge, VA

 Pet Friendly



Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981.

