



LIVE IN HARMONY

A signature lifestyle
experience - inspire.
imagine. innovate.

Live in Harmony is a lifestyle experience with an innovative approach designed for enhancing and enriching residents' lives through well-balanced and fulfilling experiences. Each aspect of the offering is research-based and has shown to enhance the quality of life - a measure of a person's emotional, mental and physical well-being.

Guided by the **Seven Dimensions of Wellness**, Live in Harmony goes beyond a traditional senior living "activity" and represents our commitment to making active living the foundation of every aspect of life.

The Live in Harmony wellness lifestyle experience is embraced through several signature programs: Innovation & Well-being Initiative (i.e., Community Apps & Alexa Integration), a wellness-focused Health & Fitness Experience (i.e., Harmony Health & Fitness); and, a Community Engagement & Connection Initiative (i.e., A Transition Guide, Wellness Lifestyle Orientation, Harmony Challenge!, etc.).