

# TURN OVER A NEW LEAF THIS SEASON

Cadence Living offers a fresh approach to lifestyle and invigorating virtual events.



## SEPTEMBER IS NATIONAL ASSISTED LIVING MONTH!

More beautiful than classic autumn foliage, the Cadence Living lifestyle offers a renaissance of wellness programming, engaging activities and person-centered care from our top-notch teams.

**Join us!** We are partnering with **Bayada Home Health Care** for an **educational series on how to reduce falls** as we age. These half-hour presentations will be offered virtually on three evenings. RSVP and we'll provide details on how to join us online.

**September 22nd | 5:30pm**

**Core Strengthening -  
An Important Element  
to Reducing Falls**

Presenter:  
Miki Haas, PT, DPT

**September 23rd | 5:30pm**

**The Importance of Home  
Safety in Reducing Falls**

Presenter:  
Julie Stewart, OTR/L

**September 24th | 5:30pm**

**The Vestibular System  
and Balance - Focusing  
on Fall Reduction**

Presenter:  
Scott J. Rytter, PT, DPT, NCS

Please RSVP by September 21st and receive virtual meeting information.

Call **704-573-4000** or email **Alucas@cadencesl.com**.

ASSISTED LIVING | MEMORY CARE



LIFE IN THE KEY OF BEAUTIFUL®