



The Height of **FITNESS**

Being fit in every way is what we strive for at Avery Heights.

That's why today we're celebrating **National Senior Health and Fitness Day**. Older adults across America, including Avery residents, are exercising their way to a healthier lifestyle with a variety of fitness activities.

Of course, keeping fit is a way of life at Avery. Our *Reaching New Heights* strength training and aerobics program offers personalized fitness classes to residents and the community year-round. This enlightened approach to the ageless development of mind, body and soul is a cornerstone of the Avery philosophy.

For 40 years, Avery Heights has been Greater Hartford's preeminent not-for-profit, rental retirement community, offering a full range of residential living and health care services to older adults from all walks of life. Achieving such status takes hard work, integrity and a commitment to our people and community.

We live this commitment each and every day. After all, that's the Avery Heights Standard.

So lace up your sneakers and commit to being fit. You might just set a new standard for yourself.

**FIT
FOR ALL...
AN
AVERY HEIGHTS
STANDARD.**



705 New Britain Avenue
Hartford, CT 06106
860/527-9126
www.averyheights.org



The Height of
QUALITY

When it comes to quality, Avery Heights sets the standard.

Greater Hartford's preeminent not-for-profit, rental retirement community has again achieved accreditation from the nation's predominant accrediting body in health care, the Joint Commission on Accreditation of Healthcare Organizations.

Our community placed among the top-rated facilities in the nation. We are also one of the few Connecticut facilities accredited by both JCAHO and the Continuing Care Accreditation Commission.

But accreditation means more than a score. It means Avery Heights has passed a rigorous examination of its health care standards and practices. It means our skilled staff of health care professionals is committed to the highest level of care.

And it means our residents enjoy the comfort of knowing their needs are being met by the very best.

For 40 years, Avery Heights has offered a full range of residential living and health care services to older adults from all walks of life. We've built our reputation through hard work, integrity and a commitment to our people and community.

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The Height of
WELLNESS

At Avery Heights, innovation and healthy aging go hand-in-hand.

So naturally we're thrilled about the new **Center for Well Being**. Dr. Eric Rosenberg and Dr. David Hwang, board-certified members of ProHealth Physicians, have established an independent practice at 1000 Avery Heights to serve all of Greater Hartford. It's the first full-time primary care physician practice on a Greater Hartford retirement community campus.

But The Center is more than a doctor's office; it's the future of health care for older adults.

The Center will feature forward-thinking complementary therapies and services such as massage, meditation and health education. Future plans include specialty physician care and nutritional counseling. In short, The Center embodies a genuine commitment to meeting the changing needs of older adults.

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