

Your Health and Well Being is Our Number-One Priority

Forest Trace's Health and Wellness Center coordinates a wide spectrum of programs specifically designed to keep you healthy, fit and happy. Good health is essential to maintaining your quality of life and full enjoyment of your retirement years. The health care staff coordinates quality providers of various health and medical services to care for you on site, at your option, and at your convenience.

The staff assesses your health status and designs a continuum of preventive and routine services to meet your individual needs. A registered nurse is available on site seven days a week.

The Health and Wellness Center, at your option, can coordinate physician services for you, including psychiatry, podiatry, ophthalmology, and dermatology doctors on site.

Mobile diagnostic testing also can be coordinated for you, including X-ray services, EKGs, Ultrasounds and various laboratory tests. Rehabilitative testing can be conducted on site, including physical and occupational therapy and speech therapy. The nurse can also arrange skilled nursing and home health aides for you.



The staff also emphasizes the continued well being of its residents through proper nutritional diets, ongoing health education and supervised exercise including yoga, tai chi, chair exercise and aquacise.

FitnessTrace® THE INTEGRATED WELLNESS PROGRAM AT FOREST TRACE

NUTRITION

Dieticians
Nutritionist's Chat: i.e. "Managing Diabetes"
Individual Assessment of Diet Available
Seminars
Latest Update on Dietary Awareness
Menu/Meal Preparation

MEDICAL

Physicians on site
Visiting Physicians' Lectures
Preventative Health Care Discussions
Cutting Edge Health Care Awareness
blood pressure clinics
Comprehensive Wellness Lectures from
Podiatry to Dermatology to Aging in Good
Health

THERAPY AND REHABILITATION ON SITE

Physical, Speech, Occupational
Anodyne (neuropathy) Therapy
Urinary Maintenance Program
Balance Master

COMMUNITY EXERCISE PROGRAMS

aquacise/pool exercise
chair exercise, sittercise
Theraband exercise
line dancing
shopping mall outings
exercise equipment training
swimming
daily walk group
yoga class
meditation
tai chi

INDIVIDUAL PHYSICAL FITNESS

swimming
fitness challenge path
weight training
treadmill exercise
aerobic exercise

SOCIAL WELL BEING

Professional Social Worker
Comprehensive Lifestyle Program
Interactive discussions
Current Events Seminars
Rabbi (spiritual)
Music Appreciation and Chorus
Daily Social Hour