

Get *EnerGized* at Canton Regency!

**EnerGize
Your Life**

Get *EnerGized* to live life to the fullest with our exclusive new wellness and activities program, ***EnerGize Your Life!*** Through *EnerGize Your Life* we can help you increase strength and independence while experiencing a renewed quality of life through our unique offerings.

With something for all interests and ability levels, our programs focus on total well-being so you can feel empowered and revitalized!

Core Programs:

- **Fall Fighter:** Addresses the factors that contribute to loss of balance and builds strength and confidence to help individuals thrive.
- **Fit Flex:** Promotes the importance of cardiovascular fitness and endurance in improving health and limiting the risk of more severe health conditions with activities like Cardio Kickboxing, Seated Exercise and Basic Flexibility.
- **Master Minds:** Improve memory or help prevent further decline with engaging activities like Cranium Crunches, Brain Power and Armchair Travel.
- **Sensory Relief:** Activating the five senses to address areas such as pain management, low vision, arthritis, relaxation and aromatherapy.
- **Ancient Arts:** Drawing on multiple art forms, this program focuses on centering the mind and body to bring peace of mind and tranquility into your daily routine through activities like Tai Chi and yoga.
- **Community Connect:** Experience the *EnerGize Your Life* program no matter where you are with virtual classes and in-room or at-home activities.

**To learn how you can get involved contact your
new Lifestyle and Health Coordinator!**



THE
CANTON REGENCY
SENIOR LIVING RESIDENCES



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