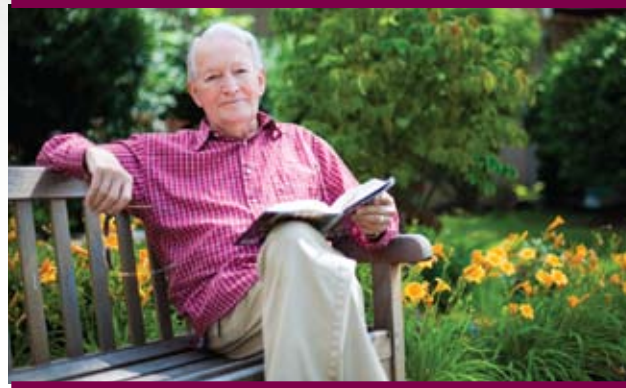


What does
WELLNESS
mean to you?

Living longer, stronger and healthier. Building a rewarding lifestyle filled with purpose. Taking positive actions that help you feel your best in mind, body and spirit. At Moravian Hall Square, wellness can mean all these things and more. A campus-wide wellness focus encourages residents to examine many aspects of life—and to consider new ways to enhance your personal well-being. Expand your horizons with cultural, social and recreational choices. Challenge your body using the fitness equipment and classes. Living in this outstanding community, you'll find that many opportunities abound for creating a satisfying and vibrant way of life.

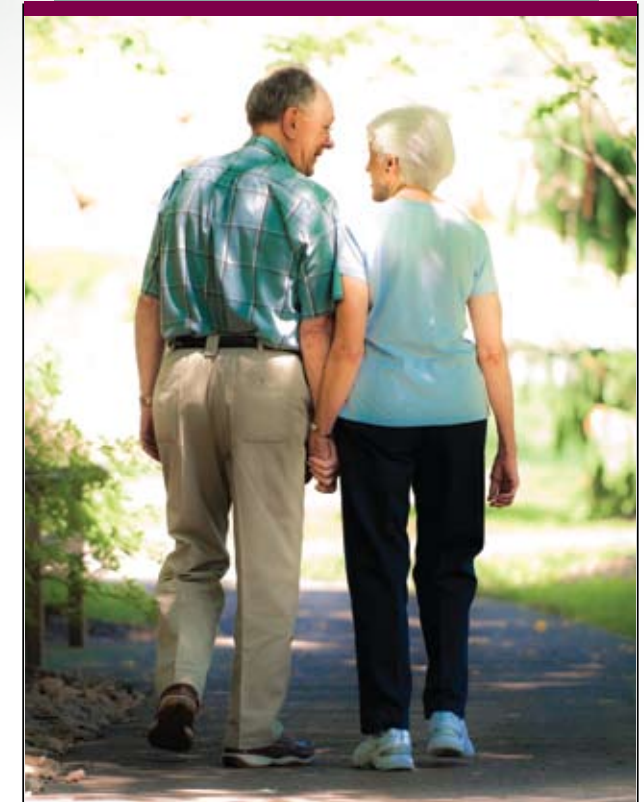


Moravian Hall Square is an accredited continuing care retirement community offering a variety of private living accommodations to suit your individual lifestyle. Located in the charming small town of Nazareth, Pennsylvania, yet within easy reach of metropolitan attractions, you can enjoy a maintenance-free residence, convenient services and the enhanced personal security of a comprehensive Life Care program. To learn more or to arrange a personal tour, please call the marketing department at 610-746-1000.



Moravian Hall Square
175 West North Street, Nazareth, PA 18064
610-746-1000

www.moravian.com



**A FULFILLING
LIFESTYLE**

The basis of healthy aging

Making wellness & VITALITY a way of life

Living here, wellness quickly becomes part of your everyday life. Whether you're attending special events or enjoying the amenities and services, you will notice that ideas and options for enhancing wellness have been included.



A team approach

To assure that wellness opportunities became part of the campus culture, Moravian Hall Square formed teams of residents and staff, one for each dimension of wellness. A professional leads each team as members work together, developing innovative wellness initiatives that will appeal to people with a variety of interests, fitness levels and abilities. This teamwork also fosters a spirit of community that benefits and supports every participant on their path to enhanced well-being.

A robust calendar of events

Every week brings new opportunities for improving personal wellness. Attend lectures and classes to increase self-awareness and growth. Learn about nutrition, bio-ethics, physical and mental health, finances and other topics. Join our certified fitness instructor for everything from chair exercises to tai chi, yoga and Wii™ sports! Enjoy worship, entertainment programs, and cultural events in the auditorium. Stroll along shaded exercise paths. Play pool, use the computer room, or work in the wood-working or craft rooms. The choices are yours!



SIX DIMENSIONS OF VIBRANT LIVING

The Wellness and Vitality programs at Moravian Hall Square are based on six aspects or "dimensions" of personal wellness. Considered together, these dimensions serve as a tool for analyzing your current lifestyle and developing a plan for enhancement.

- 1 PHYSICAL:** Promoting healthful lifestyle habits and engaging in regular physical activity.
- 2 EMOTIONAL:** Gaining self-awareness and acceptance of your feelings. Learning to cope with life's challenges. Being open to new ideas and experiences.
- 3 SPIRITUAL:** Developing a strong sense of personal values. Establishing inner peace and harmony.
- 4 NUTRITIONAL:** Harnessing the power of wholesome foods to positively affect your health, energy level and the length and quality of your life.
- 5 SOCIAL:** Creating and maintaining healthy relationships. Connecting with people and your surroundings.
- 6 VOCATIONAL AND EDUCATIONAL:** Setting goals for your personal enrichment. Seeking challenges in lifelong learning. Engaging in gratifying activities that reflect your values.

A personal plan

Wellness & Vitality staff members invite residents to participate in a yearly evaluation of their health and well-being. Using "Collage", a highly regarded, senior-specific assessment software, health is measured in areas such as memory, nutrition, balance and mental well-being. The Collage assessments provide a personalized "wellness roadmap" that you can use as you discuss ideas for healthy aging and work with your wellness counselor to identify two or three goals that could enrich your life.



To learn more about Wellness and Vitality at Moravian Hall Square, call 610-746-1000.