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TIPS ON HOW TO HAVE A HEALTHIER MIND, BODY, AND SPIRIT FROM POET'S WALK FREDERICKSBURG

Fredericksburg, VA (January 30, 2018) – Staying healthy these days involves more than just eating right and taking the proper medicine. At Poet's Walk Fredericksburg, they make sure their senior residents have a healthy mind, body and spirit. As part of their *Signature Touches* program, there are activities dedicated to a holistic philosophy including Art Therapy, writing and gardening workshops to special events, exercise, fine dining and so much more. *Signature Touches* allows Poet's Walk Fredericksburg to successfully customize each resident's experience allowing them to continue enjoying everything that life has to offer.

"At Poet's Walk Fredericksburg, we pride ourselves in taking care of our resident's entire being," said Diana Bright, Executive Director at Poet's Walk Fredericksburg. "Personal development, through an invigorated mind, body, and spirit, is vital to the overall health and wellbeing of an individual."

Here are some tips on how to have a healthier mind, body, and spirit:

Participate in Mentally Therapeutic Activities:

There are a wide variety of therapeutic activities that allow for enjoyment while you reap the benefits for your mental and spiritual health. A few examples of those therapeutic activities include: adult coloring therapy, art therapy, music therapy, aromatherapy and more. The benefits of some of these therapeutic programs include cognitive development, promoting social interaction, reduce stress and more.

Make a Change to Diet:

Changing a diet to include healthier foods, does more than make someone physically healthier. "The impact that your dietary habits can have on your physical health, as well as your mental health, is astronomical," said Mabel Prado, Corporate Chef for Spring Hills Senior Communities (Poet's Walk's parent company). "It's crucial to incorporate foods full of vitamins and nutrients into your diet to promote a healthy mind, body, and spirit. Your body is a temple, and it's important to monitor what foods and beverages you allow inside of it."

Engage in Meditation

Meditation provides a plethora of health benefits for an individual's mind, body, and spirit. Some of these benefits include: stress relief, alleviation of anxiety, an enhanced self-awareness and reduction of age-related memory loss. Meditation allows an individual to take control of their thoughts and, with that, the world around them. It is an invaluable therapeutic tool that can be practiced anywhere.

For more tips, please visit <http://www.poetswalk-springhills.com/blogs/five-tips-to-a-healthier-mind-body-and-spirit>.

Poet's Walk Fredericksburg provides memory care with the finest amenities and is located at 3020 Gordon W. Sheldon Boulevard in Fredericksburg, VA 22401. For more information, call 540-370-8000 or visit www.poetswalkfredericksburg.com.

About Spring Hills Senior Communities & Memory Care Communities:

All Spring Hills Senior Communities', Home Care Services, Assisted Living Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to home care services, assisted living, and Alzheimer's care as led by Alexander Markowits, President/CEO. Signature Touches is the company's holistic approach to offering individualized care and services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority in one of the company's Spring Hills assisted living communities or in client's homes with Spring Hills home care services located in NJ, VA, OH, FL and NV, or in one of the company's Poet's Walk memory care communities located in TX, VA and NV as well as soon-to-be FL. For more information about their Caring with a Commitment to Quality dedication to senior living, visit www.spring-hills.com or www.poetswalk-springhills.com.

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