



A bright new
day is coming.

Greet it with open arms
and a healthy spirit .

New Day. FRESH START. | Wednesday, June 16, 2:00 pm



During this time of year, it feels like a new dawn is breaking. An opportunity for new routines, new realities and new expectations. Our “New Day. Fresh Start.” event will help you feel refreshed, renewed and ready to re-start in the healthiest ways possible — physically, mentally, emotionally, even spiritually. This event, led by the Concordia team, who is committed to encouraging and supporting individualized healthy lifestyles for all, will bring a holistic perspective to re-starting your health and wellness journey and will focus on everything from diet and exercise to mental health and lifestyle choices. Hear about how they each incorporate an interdisciplinary approach to wellness in Concordia programming, and take away some tips on how you can accomplish wellness at home! It will definitely be a bright new day.



**Call 405-720-7200 or RSVP online at
[ConcordiaSeniorLiving.com/freshstart](https://www.concordiaseniorliving.com/freshstart)**

For physical distancing purposes reservations will be required.
Visit www.concordiaseniorliving.com for more info!