

EMBRACE WELLNESS

Our wellness philosophy stems from a study conducted by the MacArthur Foundation, which revealed that as much as 70% of physical aging is related to lifestyle choices such as diet, physical exercise, and mental engagement. Our incredible array of lifestyle services and amenities ensures maintaining overall wellness is easier than ever.

Mirabella's wide selection of services and programs supports all aspects of a healthy lifestyle. The Fitness Center is equipped with treadmills and stationary bicycles, strength-training equipment specially designed for seniors, and an exercise area where you can participate in low-impact aerobics, yoga, tai chi, stretch and tone, and other classes. Our indoor pool is the perfect place to swim laps or take aqua-fitness classes. You may also attend a variety of educational seminars on nutrition, stress management, overall wellness, and other health-related topics. At Mirabella, you'll find everything you need to keep yourself feeling fit and fabulous, no matter where you're starting out.

Wellness is at the core of everything we do at Mirabella. Designed to promote each of the six dimensions of wellness—physical, intellectual, emotional, vocational, spiritual, and social—our robust Wellness Program is one of the key benefits of choosing to live here.

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*Wellness support doesn't end when you leave the pool or gym.
Here are just some of the many ways we support each dimension of wellness:*

Physical Wellness

- Fitness and aquatic centers
- Resident sport and activity groups
- On-site dining venues serving healthy options utilizing locally-sourced ingredients

Vocational Wellness

- Art studio and hobby center
- Woodworking shop and sewing room
- The freedom to pursue any passion or hobby

Intellectual Wellness

- On-campus seminars and lectures
- Resident book and discussion groups
- Community library

Emotional Wellness

- Visiting musicians, performers, and artists provide personal enrichment
- A community setting offers a built-in support group
- Stress-management activities

Spiritual Wellness

- Yoga and tai chi classes
- Beautiful spaces for journaling or quiet contemplation
- Meditation classes

Social Wellness

- Community events and parties
- Recreational, hobby, and discussion groups
- Built-in community atmosphere



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