

Pathways to Healthy Aging.

Supporting Physical, Mental, & Emotional Well-being

As we age, maintaining physical, mental, & emotional health becomes increasingly important for a high quality of life. Arosa is dedicated to supporting healthy aging by providing comprehensive services that focus on overall well-being.

Whether it's through physical activity, mental stimulation, or social engagement, **our programs are tailored to meet the unique needs of each individual.**



PHYSICAL WELLNESS



Exercise & Mobility Support: Tailored exercise programs to improve strength, balance, & mobility.



Nutritional Guidance: Personalized meal planning & dietary advice to support overall health.



Health Monitoring: Regular assessments of vital signs & health metrics to track progress & adjust care plans.

SOCIAL WELLNESS



Cognitive Stimulation: Activities designed to challenge the mind, such as puzzles, memory games, & learning new skills.



Stress Management: Techniques such as mindfulness & relaxation exercises to reduce stress & anxiety.



Mental Health Support: Active listening & connections to counseling services & mental health professionals.

MENTAL WELLNESS



Social Engagement: Outings, social events, & community participation to foster connections & reduce loneliness.



Connection to Support Groups: We know the supportive network within our community.



Caregiving: Encouraging seniors to stay active & engaged with their interests & passions.



(866) 462-7672
startcare@arosacare.com