

HEALTH AND WELLNESS SERVICES

Everything you need to ensure your personal and physical well-being is close at hand. Stay active by taking part in a variety of fitness, social, and educational programs. Enhance your sense of well-being by taking a yoga or fitness class, a whirlpool bath, visit our hair salon, or simply enjoy a good read in our library and computer room. Should extra attention be needed, you have access to a range of caring, professional, medical and health practitioners.

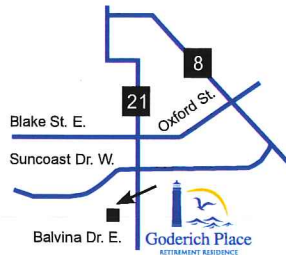
RESPITE & MEMORY CARE WING

The professionally staffed **Respite Program** at Goderich Place is ideal for short-term stays after surgery or illness. Respite care guests recover in a comfortable, stress-free environment with 24-hour access to nursing and emergency response.

Harmony, our state of the art Assisted Living and Memory Care Wing is now open within Goderich Place. Our programs, and highly trained professionals are skilled at enhancing the lives of those dealing with health challenges, Alzheimer's and related dementias.

Comfort • Security • Peace of Mind

Affordable **Independent Retirement Lifestyle Awaits In Goderich**
on the shores of Lake Huron



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