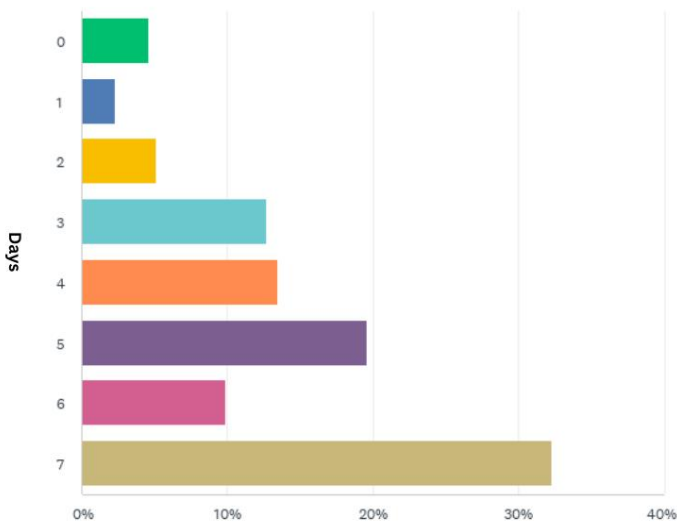


Health and Wellness

Strengths

- 75% of seniors get 30 minutes of physical activity most days
- 96% have no difficulty eating, dressing, grooming, bathing or walking
- 91% have no difficulty shopping for meals
- 93% have no difficulty preparing meals

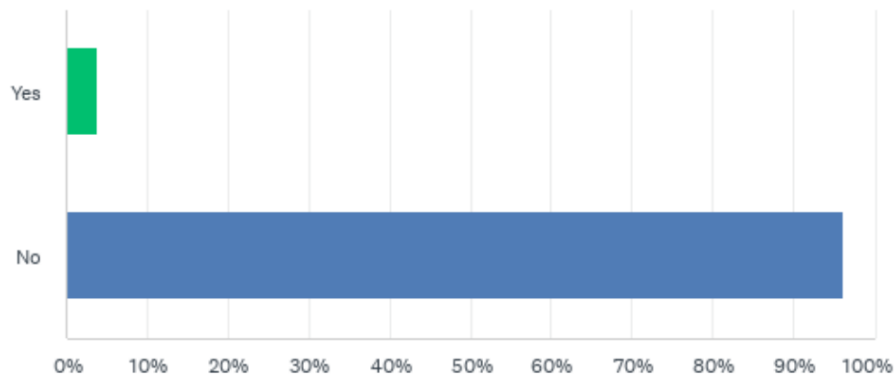


Number of days Glen Rock seniors get 30 minutes or more of physical activity

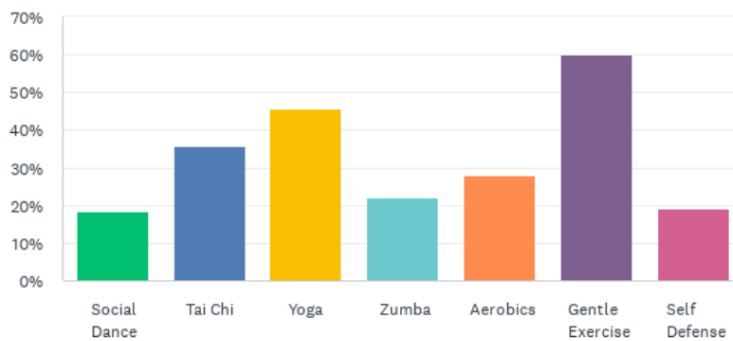
Challenges

- 94% of seniors think Glen Rock does not offer enough exercise programs
- At least 29% of seniors would be interested in evening exercise classes
- Of those requiring help with self-care, 18% have no one to provide that assistance
- Less than 38% of seniors know of affordable and convenient health & wellness classes, activities, or services

Glen Rock seniors requiring assistance with eating, dressing, grooming bathing, or walking



Exercise programs Glen Rock seniors would like to have available



Please respond to this statement: I have no difficulty shopping for my meals

