

## ASSISTED LIVING SERIES

# The Importance of Eating Well



For many older adults, eating well can be a challenge. Cooking for one, trips to the grocery store, or special dietary needs can all become barriers to good, balanced nutrition, increasing health risks such as high blood pressure or diabetes.

Overcoming barriers to eating well isn't just about having the right foods – it's about enjoying mealtimes. Whether that means dining at a table with others or letting someone else handle the cooking and cleaning, it's possible to restore joy and health to every bite.

Dining for the Soul is Watermark's unique approach to the daily art of dining. Through thoughtful attention to detail, seasonal menus, and a welcoming atmosphere, every meal is elevated to feed both the body and soul.

## A Helping Hand Ready When You Are

At Watermark, our residents lead enriching and rewarding lives with confidence. Enjoy total peace of mind knowing that expert care is always just a moment away, allowing you to focus on the things that matter most to you.



Scan the QR code to learn more about extraordinary senior living at Watermark Retirement Communities®.