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OUR LIFE PATHS ARE  
FOCUSED ON RESIDENTS  
BEING ABLE TO LIVE SMART  
AND LIVE WELL.

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## THE BENEFITS of THERAPY and WELLNESS

- ★ Protect and improve the residents' health, as well as to identify diseases in their early stages, allowing early treatment.
- ★ Maintain functional mobility, independence, and improve overall quality of life.
- ★ Improve emotional health and reduce the risk of depression.

Our diverse Life Paths offer something for everyone, from our rehabilitation gym and Live Smart lectures, clinics, and events, we are equipped to provide you the active, enriched lifestyle you desire today, with access to care you may need someday ensuring you are able to Live Well.



## LIVE SMART. LIVE WELL.

AT JENNERS POND

CALL 610.869.6768

2000 GREENBRIAR LN  
WEST GROVE, PA 19390

Rehabilitation Services Managed By  
Functional Pathways | [www.fprehab.com](http://www.fprehab.com)





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## Live Smart. Live Well.

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At Jenner's Pond, we provide a continuous life cycle focused on:  
Prevention, Wellness, Skilled Rehabilitation, and Maintenance ensuring those we serve live life to the fullest.



Live Smart teaches residents the knowledge they need to develop healthy habits and skills towards complete wellness

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Jenners Pond promotes the whole person wellness model in all levels of care, which emphasizes seven dimensions of wellness: spiritual, physical, vocational, emotional, intellectual, environmental, and social wellness.

Whole person wellness is a top priority year-round. Educational programming, events, and classes serving all of the seven dimensions of wellness are offered throughout the year to help each resident live their best life. We understand that living well is important to you. That is why we developed our Life Pathways as a valuable tool in providing you with resources to help you live your best life at Jenners Pond.

Our staff developed Live Smart to target health and wellness programs to match your needs and preferences.

Call 610.869.6768  
to schedule a tour and see how you can give your body and mind the gift of agility.

*Live Well provides residents with the opportunity to put into action what they have learned is an area of need to improve their wellness.*

We offer enhanced concierge services by collaborating with our on-site Physician and Nurse Practitioner. After appropriate screening by medical staff, you can take part in evidence-based Wellness Programming such as:

**Stepping-On** A twelve week exercise / educational program proven to reduce risk of falls.

**Rock Steadi** For individuals with Parkinson's.

**Tai Chi for Memory** Helps reduce need for psychotropic drugs in residents living with memory impairments.

**Tai Chi for Wellness** Improves balance to help reduce falls.

### Land Classes

#### Piloga

A perfect union of core strengthening from Pilates and the balance and flexibility of Yoga. Gentle movements will stretch your entire body and leave you feeling rested and restored.

#### Zumba Gold

A Latin-based dance class designed specifically for adults ages 50+ who love to move! Dance experience not required and moves are broken down in a slow and manageable manner.

### Aquatics Classes

#### Water Works

This Arthritis Foundation Aquatic Program is an exercise class designed specifically for individuals with arthritis. Gentle activities will help you increase joint flexibility and range of motion and maintain muscle strength.

#### Hydro Fit

Moderate level aquatic fitness class focusing on strength and cardiovascular exercise followed by cool down utilizing balance and range of motion exercises.

*For a full list of available classes,  
visit [jennerspond.org](http://jennerspond.org)*