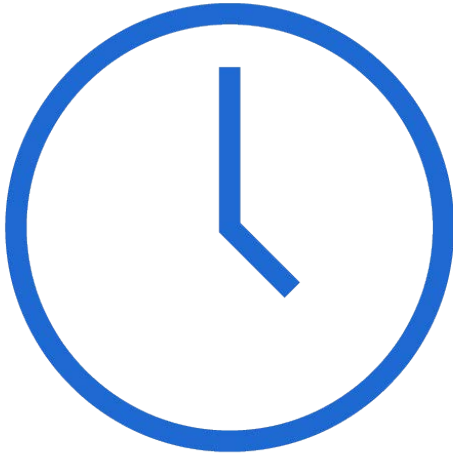


10 & 2 Time to groove



10 & 2 Time to Groove is a time-based health & wellness program that integrates fun with fitness and nutrition.

Through food, fun, and music, we encourage residents to increase hydration, nutrition, and movement. At 10 a.m. and 2 p.m., residents can move to the music and enjoy a smoothie, savory snack, sweet treat, or fortified milkshake.

Program Benefits:

- Promotes social distancing with interaction.
- Promotes a positive mental state.
- Promotes additional caloric intake and hydration.
- Promotes physical movement.
- Promotes engagement for the whole community.
- Promotes FUN!

Visit ascensionliving.org to find a community near you.



**Ascension
Living**