

GREAT THINGS ARE DONE
BY A SERIES OF SMALL THINGS
BROUGHT TOGETHER

— Vincent Van Gogh —



Togetherness is good for your heart

Be together at The Kensington

PLEASE JOIN US

Brunch Open House

Sunday, October 14, 2018
11:00am-2:00pm

RSVP to 703-992-9868 or
conciergef@kensingtonsl.com

THERE ARE SOME THINGS you can't do alone, such as give a hug or sing a duet. There are some things you shouldn't do alone, such as grieve or cut your own hair. There are other things you can do alone but when done together instead, become magical.

Shared experiences offer companionship, which is especially beneficial to seniors. Companionship provides social connection that keeps depression at bay. It lowers the risk of developing heart disease and protects against dementia. It accelerates healing after surgery or illness. And, it provides peace of mind, which contributes positively to overall health and well-being.

At The Kensington, we have a healthy respect for independence and privacy, but companionship is part of the lifestyle. And it's good for your heart.

Be together. Join us for brunch. There's magic at our table.



THE KENSINGTON

An Assisted Living Community

F A L L S C H U R C H

(703) 992-9868 | 700 West Broad St, Falls Church, VA 22046 | www.TheKensingtonFallsChurch.com

Kensington Park, another Kensington community located nearby in Kensington, MD

