



SIMPLY THE BEST.®

The Center for Healthy Live

100RINGS PARK

MOORINGS PARK

LIVE LONGER, HAPPIER LIVES THROUGH OUR CENTER FOR HEALTHY LIVING

The Center for Healthy Living is a resident-focused, physician-based 37,000 square foot, state-of-the-art amenity that improves healthcare delivery to residents, expands knowledge of the aging process, and introduces new approaches to care that celebrate the positive aspects of aging while optimizing vitality and happiness. Our Moorings Park Care 360 concierge healthcare program delivers personalized services through an integrated approach to wellness.

CARE 360 CONCIERGE HEALTHCARE PROGRAM

The Center for Healthy Living is home to our Moorings Park Care 360 healthcare program that provides personalized healthcare based on a model akin to a concierge care practice. Through a partnership with Naples Community Hospital (NCH), we have successfully implemented a concierge medicine model offering patients a higher level of personalized primary care. Services are available to residents of Moorings Park at no additional fees, other than typical co-pays. Members can elect to receive these services for a nominal annual fee.



This partnership will provide participants with a number of important advantages including:

- · Care provided by well-trained, experienced, board-certified primary care physicians focused on preventative care
- Additional time allocated for office visits and exams in a quiet, unhurried setting
- Physicians available 24 hours a day, 7 days a week for emergencies
- Annual comprehensive physicals with health assessment to develop a baseline medical profile



- · Close follow-up regarding medical appointments, tests and preventative evaluations
- \cdot Enhanced access to doctors via phone, text or email
- \cdot Coordination of NCH hospital care including visitation and records
- Coordination of care throughout the NCH Healthcare System, as well as quick appointments with leading area specialists as needed, plus preferred access to The Chateau[®]
- · House calls when necessary
- Routine visits by a physician to either NCH, Orchid Terrace[®] or The Chateau[®]
- Physician access to Mayo Clinic[®] specialists including e-consultations offering additional access to cutting-edge advances in medicine and an expanded system of care & providers
- \cdot Proven quality indicators and increased patient satisfaction



Rejuvenate Salon & Spa

Receive the ultimate in mind, body and spirit relaxation at our Rejuvenate Salon & Spa. Men's and women's services include hairstyling, facials, manicures and pedicures, therapeutic massages, aromatherapy, gentleman's shave and more.

MAX WELLNESS

This fully stocked retail shop includes various sundries to promote wellness including footwear, athletic gear, spa and beauty products, vitamins, supplements, dry goods, mobility devices and toiletries, to name a few.

GROUP FITNESS CLASSES

Group fitness classes, including cycling, Zumba and yoga, are led by our fitness specialists. A variety of equipment including hand weights, bands, medicine balls and an assortment of balance accessories keeps the classes interesting, fun and results-oriented.



CARDIO/STRENGTH AREA

The term "wellness" takes on a whole new meaning in our Cardio/Strength Area. Individualized programs encompass balance, flexibility, bone mass preservation and low-impact cardio training utilizing state-of the-art equipment including our Power Plate and Alter-G Anti-Gravity Treadmill. Personal training services are also available.

COGNITIVE ZONE

Intellectual health is a critical component of wellness and to this end, our cognitive program features a variety of memory classes, as well as virtual technology designed to stimulate the brain.

Sheffield Theatre

This multi-functional theatre features comfortable tiered seating for up to 78 people. Surround sound and high definition digital imagery will enhance your enjoyment of our movies, performances and seminars.



INTERNET CAFÉ

An ideal gathering place for friends and neighbors, our Internet Café is a social hub complete with Wi-Fi and flat-screen TV. Grab a healthy snack, salad or sandwich after your workout. Indulge in a refreshing smoothie or frozen yogurt while catching up with friends or while reading the daily newspaper.





OUTPATIENT REHAB

Our goal is to help patients achieve the highest level of independence in their day-to-day activities within their home and community. Our highly skilled, licensed Physical, Occupational, and Speech therapists will establish a treatment plan with the patient and his or her physician, that is customized to their specific needs.



CONTACT INFORMATION

Physicians Services		
Monday - Friday	8:00 am - 5:00 pm	
Outpatient Rehab		
Monday - Friday	8:00 am - 5:00 pm	
Wellness		
Monday - Saturday	7:00 am - 4:00 pm	
Rejuvenate Salon & Spa	1	
Tuesday - Saturday		
Walk-Ins Welcomed	the second se	
By Appointment	3:00 pm - 5:00 pm	
Max Wellness Retail		
Monday - Friday	9:00 am - 3:00 pm	
Internet Café		
Monday - Friday	8:00 am - 2:00 pm	
Sheffield Theatre		239.261.1616
As Scheduled		
Main/Reception		
Monday - Friday	8:00 am - 4:00 pm	



132 Moorings Park Drive, Naples, Florida 34105 www.MooringsPark.org 239.919.1700



