

Rose of Sharon Assisted Living Offers Yoga For Residents

Tyler Collins June 02, 2015



Rose of Sharon Assisted Living

Rose of Sharon Assisted Living facility is offering a variety of healthy activities, including yoga, to its residents.

(Newswire.net -- June 2, 2015) Centennial, CO --Rose of Sharon Assisted Living facility offers its residents a number of healthy activities to keep them active and alert, no matter what their age or medical condition. One of the most popular new activities at this assisted living facility in Colorado is yoga, a life-giving and enhancing engagement that can be modified to fit any physical needs.

Using certified yoga instructors who work with the residents to ensure their safety, Rose of Sharon Assisted Living as seen at <http://www.roseofsharonassistedliving.com/assisted-living-services/> helps these individuals reach their own physical goals and overcome particular challenges. Yoga has been shown to be a relaxing and healthy activity for any age, and by working with the residents' individual requirements, instructors are able to help them increase their flexibility and feel better, no matter what their health concerns.

This assisted living facility as seen at <https://www.senioradvisor.com/local/rose-of-sharon-aurora-co> also offers a wide range of other healthy activities including music, dancing and playing instruments. No matter what the residents' personal preferences, there are activities to meet their needs. For more information about quality living for the elderly as seen at <http://www.roseofsharonassistedliving.com/about-us/>, contact Rose of Sharon.

About Rose of Sharon Assisted Living: Rose of Sharon was first established in 2003 as a senior citizen assisted living home by Linna and Hanny Tanny. Their goal was to create a place where seniors could live in a home-like environment while knowing their well-being would always be put first. Rose of Sharon is dedicated to combining accommodations, quality care and love with their ability to provide a sanitary and physically safe environment.

For More Information:

Hanny Tanny

About Rose of Sharon Assisted Living

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