

**Do What Makes You
Happy and Healthy-**

We'll Take Care Of The Rest.

Give Wellness Suites a Try.

The Wellness Suites was created to address the traditional issues that are most important to adults in their middle and older years.

Comfort and Health

Dr. Vaccaro has made it his life mission to seek out the best in health care as well as anti-aging therapies and our mission is to improve your health span and, possibly, your life span. Our unique research team with Brock University will continually evaluate the most advanced anti-aging programs that are currently being developed around the world so we can select the most effective therapies and deliver them to you in the comfort of your own home.

**There is no other home like the
Wellness Suites**



WellnessSuites.ca
905.357.2004

**Call now to schedule a tour
and Elevate the Way You Age.**



WELLNESS SUITES[®]
CONDOMINIUMS
ELEVATING THE WAY WE AGE[™]



**ENHANCED
INDEPENDENT LIVING**

WHERE RETIREMENT MEETS INSPIRED REJUVENATION

Similar to other retirement communities, Wellness Suites will eliminate the need to cook, clean and do chores so that you have more time to enjoy family and friends in a fun-filled, luxury lifestyle.

Unique to Wellness Suites is our Wellness Enhancement Program which is included with your accommodation. It was curated and designed to improve your health and wellbeing in order to enhance your health span and, possibly, your life span.

Our programs directed by our medical team in collaboration with Brock University utilize our state-of-the-art rehabilitation center to improve your memory, stamina, strength and energy.



THE COMFORT OF COMMUNITY

Our Wellness Club allows you to connect and engage with community members among an unprecedented level of amenities that include our elegant library, wine lounge, dining room, penthouse multipurpose room, rooftop patio and much more.

YOUR NEW FAVOURITE RESTAURANT

Enjoy farm-to-table dining that delivers taste and personalized nutrition. An extraordinary, daily dining experience compliments your personalized journey to improved health. It's elevated service delivered by people who know your preferences.



EVIDENCE-BASED RESEARCH

Wellness Suites has partnered with Brock University to document the changes that living at Wellness Suites delivers. Our team of doctors and scientists work in conjunction with our hospitality team in order to offer a lifestyle that is exciting, innovative and one-of-a-kind.

WHATS INCLUDED IN YOUR MONTH-TO-MONTH RENT

- Private condominium with a selection of floor plans
- Chef-prepared meals every day
- On-site Functional Medicine and Research Center
- Brock University SeniorFit Program with Keiser Equipment
- Opportunity to participate in health span and life span research with Brock University
- Bio-mechanical Assessment
- DNA Profiling and Functional Genomic Assessment
- Access to on-site Assisted Living Services
- On-site Director of Hospitality
- On-site staff available to assist you
- Weekly housekeeping service
- Recreational programs and entertainment
- Electricity, gas, water, trash removal, basic cable TV and Internet
- 24-hour security and surveillance
- Private Lounge for special occasions
- In-suite laundry facilities
- Access to laundry services
- Access to handyman services
- Personal, lockable mailbox
- Pets warmly welcomed