

AUGUST IS NATIONAL WELLNESS AWARENESS MONTH!

Our Ohio Traditions Management communities are coming together this month to promote wellness for all our residents.

What is National Wellness Month? National Wellness Month, celebrated every August, is all about prioritizing self-care, managing stress, and promoting healthy routines - both physically and mentally. It's a time to reflect on your well-being and explore new habits that support a balanced lifestyle.



National Wellness Month encourages health and wellness initiatives and practices such as:

- Self-Care
- Healthy Eating
- Exercise
- Mental Health
- Community and Connection

These are all things that are part of our core values and #OurCommitment! Here are some tips for seniors to stay healthy this month and every month!



REMAIN ACTIVE DAILY

- Light walking
- Stretching

EAT A BALANCED DIET

- Prioritize fruits and vegetables
- Whole grains
- Lean Proteins
- Limit processed food
- Enjoy desserts in moderation

STAY HYDRATED

- Take advantage of hydration stations
- Carry a water bottle with you. Everywhere!

GET YOUR REST

- Aim for 7-9 hours of restful sleep
- Don't ignore the power of a quality nap

FALL PREVENTION

- Maintain proper balance
- Wear safe, appropriate footwear for your environment

2025 FLU CLINIC DATES

Protect Yourself This Flu Season

Traditions communities are offering flu clinics for our residents and staff, and you're invited to attend! See below for clinic dates and times. Find the nearest Traditions community, and call to reserve your spot. We're committed to supporting the health and wellness of seniors in our local communities.



SEPTEMBER 17, 2025

3455 Nantucket Circle
Loveland, OH 45140
(513) 583-5170



SEPTEMBER 18, 2025

4303 Trueman Blvd.
Hilliard, OH 43026
(614) 319-3305



SEPTEMBER 23, 2025

800 Grayson Lane
Beavercreek, OH 45430
(937) 427-6220



SEPTEMBER 25, 2025

7650 Camargo Road
Madeira, OH 45243
(513) 422-5499



SEPTEMBER 30, 2025

401 Neil Armstrong Way
Lebanon, OH 45036
(513) 409-0900



OCTOBER 7, 2025

7047 Hamilton Mason Rd.
West Chester Township, OH
(513) 795-0125



OCTOBER 8, 2025

3615 Glacial Lane
Grove City, OH 43123
(614) 957-0029



OCTOBER 21, 2025

4916 North Bend Rd.
Cincinnati, OH 45211
(513) 693-1885



CALL FOR DATE

1572 Timbertop Street
Lancaster, OH 43130
(740) 245-3823