



Grounded in the Science of *Healthy Longevity*

Research consistently shows that connection, movement, cognitive engagement, and a sense of purpose are powerful drivers of long-term health and well-being.

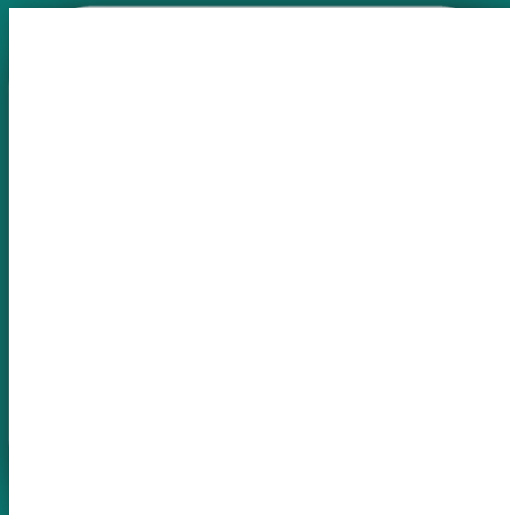
Longevity Day Club translates this science into everyday life, drawing on insights from leading longevity and lifestyle medicine research initiatives, including studies such as FINGER and US POINTER. The result is a community designed not only for enjoyment today, but for well-being over time.

WHO LONGEVITY DAY CLUB IS FOR

Longevity Day Club may be a good fit for older adults who:

- Live at home but feel isolated during the day
- Want more structure, purpose, and connection
- Enjoy being part of a welcoming community
- May benefit from some assistance with daily routines
- Want to remain living at home as long as possible

Families explore The Longevity Day Club when they want their loved one to age at home by remaining active, supported and socially connected.



www.longevitydayclub.com



**LONGEVITY
DAY CLUB®**



A vibrant daytime
community for aging well.
At the Club and at Home.

www.longevitydayclub.com



Aging at Home Shouldn't Mean Being Alone



Many older adults want to remain in their homes as they age. But staying at home can sometimes mean days without structure, stimulation, or connection.

Longevity Day Club was created to change that a community intentionally designed to support connection, purpose, and well-being as people age.

Members spend the day with us enjoying shared meals, engaging activities, and meaningful community, then return home at the end of the day.

But membership doesn't stop when the day ends. Our team maintains an ongoing relationship with members and families, helping support healthy routines and connection — both at the Club and at home.



▶ **SCIENCE-BACKED PROGRAMMING**

Boost your memory, focus, and overall brain health with our science-backed wellness program.

▶ **WELLNESS COACHING**

Elevate your health with personalized wellness coaching based on science, with added support like medication reminders to help you stay on track day to day.

▶ **COMMUNITY ENGAGEMENT**

Build a strong sense of belonging through a wide array of events, challenges, and activities, while also supporting everyday health through nutrition and hydration education and opportunities for mobility and movement.

▶ **MEMBER SUPPORT & RESOURCES**

Take advantage of our expert care navigation. We provide trusted referrals and connect you with valuable community resources.

▶ **A TRUSTED PARTNER FOR FRIENDS & FAMILY**

Longevity Day Club supports not only members, but those who care for them. Our technology keeps both our team and care partners informed, helping everyone stay connected and confident.



The Longevity Day Club Difference

- A vibrant daytime community
- Continued connection at home
- Tech-enabled support for families
- Science-based longevity programming