



INSPIRE to be the best YOU!

Located in the Autumn Hall neighborhood, Carolina Bay at Autumn Hall is a new continuing care retirement community (CCRC) that combines elegance with a relaxing atmosphere here in Wilmington. Carolina Bay was designed specifically for active retirees who want to live their lives to the fullest, and on their own terms.

To promote this active lifestyle, the wellness program, INSPIRE at Carolina Bay, is designed to fully immerse residents in a well-rounded, multi-dimensional and comprehensive program where residents can achieve an exceptional feeling of well-being and a high sense of self-efficacy leading to an extraordinary quality of life. INSPIRE provides residents with the opportunity to have some of the best years they have ever experienced.

INSPIRE is a trademarked, company wellness program and is also an acronym for:

Inspirational: The INSPIRE program allows you to feel better physically, mentally and emotionally through our person-centered dynamic programs

Nutritional: Morrison healthy dining options, smoothie bar, fitness nutrition programming and nutritional seminars

Spiritual: Mindfulness Program including yoga, tai chi, meditation, stress reduction & relaxation techniques and life coaching

Personal: Wellness assessments, on-site personal training 7 days a week and individualized exercise programs for every resident

Integrative: Open referral system between the rehab department and on-site Medical Director to address all resident needs

Rehabilitative: INSPIRE works directly with the rehab department to continue the plans of care for residents in the Wellness Center upon discharge from therapy services

Educational: The Osher Lifelong Learning Institute at UNC-Wilmington provides educational lectures and programs for residents of Carolina Bay

INSPIRE consists of a wide variety of fitness and wellness programs to suit the beginner as well as the advanced fitness enthusiast. INSPIRE provides several diverse levels of aquatics, from arthritis-based aquatics to "Saltwater Circuit" training sessions, as well as high intensity water aerobics, incorporating full body movements and using resistance equipment to target all of the major muscle groups.

The INSPIRE program ranges from Cardio and Strength Conditioning classes with weights and resistance bands to seated conditioning classes and multiple levels of Tai Chi, Yoga and Meditation sessions, weekly. Residents are able to take full advantage of personal training sessions with professional-



ly trained INSPIRE program staff on site, as well as have exercise prescriptions and fitness assessments tailored specifically to meet each individual's needs.

No matter where a person is in their own unique lifestyle, INSPIRE at Carolina Bay is designed to meet each individual's needs on a one on one basis. Programming is available for those with cardiac and pulmonary conditions, as well as those living with low-vision and mobility challenges.

Falls prevention is also of high importance at Carolina Bay, which is why INSPIRE offers beginner as well as advanced balance classes and one-on-one balance specific training to prevent falls from happening in the future.

Through the INSPIRE program, residents will begin to see steady decreases in blood pressure, lower resting heart rates, increases in cardiovascular endurance, as well as increases in muscular strength by participating in everything that is available at the Wellness Center. Residents will not only feel better physically, but will feel better mentally and emotionally as well.

Carolina Bay relies on the beautiful, natural re-

sources in and around Autumn Hall to expand the INSPIRE program outside of the walls of Carolina Bay with nature walks on the trails and around the 8-acre lake, as well as Tai Chi, Yoga and Meditation in the gardens, parks, and lawns, and even kayaking trips on Bradley Creek.

With the wellness facilities inside Carolina Bay coupled with the location itself, the possibilities for wellness programming are endless.

INSPIRE at Carolina Bay's "Bridge to Wellness" program is open referral system and an open line of communication between the Rehab department and the INSPIRE department to ensure a full continuum of care. If a resident is in need of rehabilitation services, once they are discharged and graduate from therapy, they will have a smooth, seamless transition into the Wellness Center and will be properly oriented to the staff and INSPIRE programming to continue their plans of care and take their bodies to the next level and beyond.

Residents participating in the INSPIRE program at Carolina Bay are sure to feel better physically, mentally, socially, and spiritually. Individuals can



expect to achieve a higher sense of well-being and quality of life not only in the Wellness Center but throughout the entire community of Carolina Bay. To find out more about INSPIRE at Carolina Bay, visit www.carolinabayatautumnhall.com/inspire/ or call Bill Piper at 910-769-7500 to schedule a personal visit.