

# Meridian Health Services Network

## Senior Living Resources Classes – Programs - Services



Meridian customizes innovative classes, programs and services delivered on-site from our national and local providers. Our programs offer in-house as well as Meridian managed programs giving you flexibility and cost savings. All our programs include Meridian HSN Community Marketing.

### Examples of current programs:

- ✓ Telehealth programs – 24-7 access to physicians
- ✓ Personal Response Program – Residents and Facility programs
- ✓ On-Site Wellness Coaching
- ✓ Screening Services Biometric assessing weekly/monthly health snapshots
- ✓ Chronic Disease Management
  - Diabetes -Cardiovascular Disease -Stress Management
- ✓ Nutrition and Supplement Programs with product discount
- ✓ On-Site Classes - Fitness - Pilates - Yoga
- ✓ Personal Training and Exercise Prescription
- ✓ Fitness Facility Set-Up and Management of Staffing and Programs (if on-site facility is available)
- ✓ Mindfulness Meditation
- ✓ Lunch-and-Learns and Demonstrations
- ✓ Fresh-Take Field Trips
- ✓ Senior Sports Leagues
- ✓ Senior Wellness Clubs (walking, swimming, etc.)
- ✓ Competition Management
- ✓ Seasonal programs - Family Outreach and Caregiver Classes



**We have SPRING – SUMMER – FALL – WINTER CLASSES**



Meridian Health Services Network  
**1-800-994-1143**  
[www.MeridianHSN.com](http://www.MeridianHSN.com)



Strategically Partnered with  
Wellness Innovations for  
Senior Bundled Offerings