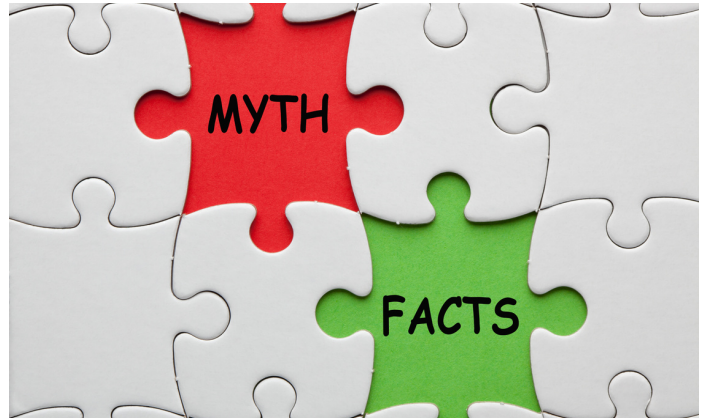


Senior Living Myths: Fact or Fiction?

Independent living today may look very different from what you imagine. Here are a few common myths and the facts behind them.

Myth 1: You Have to Give Up Your Independence

Fiction. Independent living is designed for people who want to continue living life on their own terms while enjoying added convenience. Residents choose how they spend their days, where they go and how involved they want to be.



Myth 2: You'll Be Giving Up Your Lifestyle

Fiction. Moving doesn't mean leaving behind the activities and routines you enjoy. Independent living can make it easier to pursue hobbies, travel, spend time with friends and family or try something new.

Myth 3: There Won't Be Much to Do

Fiction. From fitness and wellness programs to clubs, events, dining and outings, independent living communities can offer plenty of ways to stay engaged. The choice of how much or how little to participate is yours.

Myth 4: It Will Feel Like Downsizing Your Life

Fiction. A smaller home can mean fewer chores and less maintenance, leaving more time for experiences, relationships and interests. For many people, simplifying their home creates more freedom.

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Myth 5: You Should Wait Until You Need Help

Fiction. Many people choose independent living while they're active and healthy so they can enjoy the lifestyle, amenities and social opportunities the community offers.

The Fact: It's About More Choice

Independent living can offer the freedom of a private residence along with convenient services, amenities and a built-in community.

At Covenant Living Communities and Services, residents can spend less time on home maintenance and more time enjoying the people, activities and experiences that matter to them.

Discover a lifestyle with more freedom to enjoy what comes next.

Learn more about our family of communities by visiting [CovLiving.org](https://covliving.org)