



(614) 890-8282  
fvcolumbus.org

LIVING WELL

Experience  
**Spiritual Health and Wellness**  
at the Village

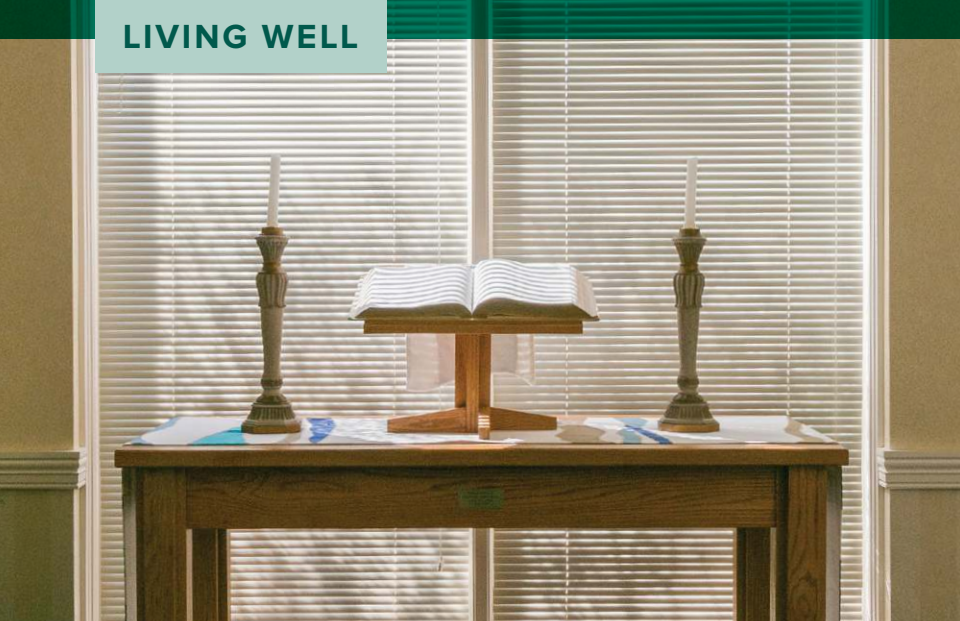
## Find your path to meaning and purpose

At Friendship Village Columbus, residents are encouraged to pursue purposeful living. Health and wellness extend beyond the physical body. Spiritual wellness is vital to living a balanced life.

In addition to cultivating friendships and remaining active, many find it important to maintain their spiritual connectedness. In community living that is free from the burden of home maintenance, you will experience the joy of having ample time to reflect, meditate or pray as you desire.

Recognizing that the path to spiritual wellness is personal and unique to every individual, FVC offers a variety of opportunities for residents to live each day in ways that are consistent with their values and beliefs.

FVC's ecumenical chaplain supports the spiritual, religious and emotional needs of residents, families and staff. Our chaplain is prepared to assist people of all faiths and nurture mental and spiritual health and well-being.



### **At FVC, spirituality is supported in meaningful and tangible ways, including:**

- Nondenominational services
- Transition support group
- Celebrations of life and memorial services
- On-site chapel
- Meditation and prayer
- Peaceful courtyards and park-like settings
- Weekly Vespers services
- Advent reflection series
- Lenten observance series
- Hanukkah programming



Spiritual health and wellness is just one component to living well at the Village. Call **(614) 890-8282** or visit **[fvcolumbus.org](http://fvcolumbus.org)** for more information about our community.



*Deeply rooted in friendship, purpose  
and peace of mind since 1978*

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