



Senior Care Program is a fitness and wellness program, which caters to mature adults 50+, offering a comprehensive fitness session, twice a week for a one hour.

HealthRite

SENIOR CARE PROGRAM

Services Include:

- Fitness Program
- Cardio Activities
- Nutritional Counseling
- Functional Training
- Resistive Exercise
- Step Aerobics

YES!!! We accept Traditional MEDICAID & MEDICARE

The goal of the Senior Care Program

- Improving the Health of the Aging
- Lengthen Independence
- Increase Activities of Daily Living (ADLs)
- Improve the Quality of Life
- Improve Overall Fitness

The program also includes a physical therapy regimen to relieve pain and address functional afflictions particular to the member with chronic conditions.

(713) 339-2273

www.healthriteclinic.com