



INSPIRIT
SENIOR LIVING

LIVE YOUR BEST LIFE WITH

COMPANION LIVING

A roommate's presence can also ease the transition to a senior living community and encourage confident socialization throughout the community.

The value of companion living goes beyond economics. Residents living with a roommate often:

- *See boosts in energy*
- *Experience increased appetite*
- *Have improvements in sleeping patterns*
- *Have increased confidence in socialization*
- *Experience an easier transition into senior living*



LEARN MORE AT [INSPIRITSENIORLIVING/RESOURCES](https://www.inspiritliving.com/resources)