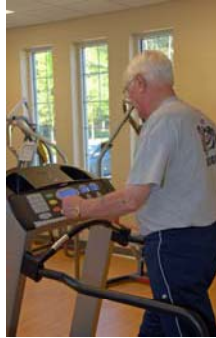


**Scotia Village** provides an opportunity for complete wellness through our *enCompass* program which encourages participants to find balance in the eight dimensions of wellness

- **Nutritional** - Fine dining in the dining room and casual faire in the café offer healthy food selections
- **Intellectual** - Continuing education opportunities, Dakim Brain Fitness Program, and Quiz Bowl
- **Physical** - Indoor heated pool and complete fitness center with an array of classes.
- **Spiritual** - Full time chaplain
- **Social** - Bridge, cultural outings, special themed events, and bocce court
- **Environmental** - Community gardens, recycling programs, focus on being green
- **Community Outreach** - A wealth of volunteer opportunities within and outside of Scotia Village
- **Safety** - 24-hour security and emergency call system in each residence



Make plans to join us and get started on the path to total wellness by finding out how the Scotia Village lifestyle might be the right choice for you.

**Scotia Village**

A Continuing Care Retirement Community

910-277-2000 ext. 2224 [www.scotiaivillage.org](http://www.scotiaivillage.org)

## *Love Where You Live* at Scotia Village

We cordially invite you to join us for a complimentary picnic lunch

**Tuesday, May 11th**  
**11:00AM**

**2200 Elm Avenue, Laurinburg, NC 28352**

You will have the opportunity to learn about your personal fitness level and how the enCompass program could help you get started on the path to complete wellness.

**Please call 910-266-5024 or**  
**Email [aajohnson@scotiaivillage.org](mailto:aajohnson@scotiaivillage.org)**  
**TO RESERVE YOUR PLACE**





2200 Elm Avenue, Laurinburg, NC 28352

*Love Where You Live*  
**at Scotia Village**

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LAURINBURG, NC

**Complimentary Picnic Luncheon**  
**Tuesday, May 11, 2010**



910-277-2000 ext. 2224 [www.scotiaivillage.org](http://www.scotiaivillage.org)

**The path to wellness**  
**Join us for lunch and learn more**