



Health

In order to live well, one must be well.

Our Health and Wellness Program enhances our residents' quality of life by increasing their independence and ability to perform daily activities. And did you know that living independently with the benefit of supportive services can lower health care costs by up to 45 percent?

At Notre Dame Housing you can take advantage of healthful resources such as:

- Nutrition and Health Education
- Exercise Classes
- Podiatry Services
- Preventative Services
- Wellness Center/Gym





NOTRE DAME HOUSING

Opening doors to
housing, health and hope.

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