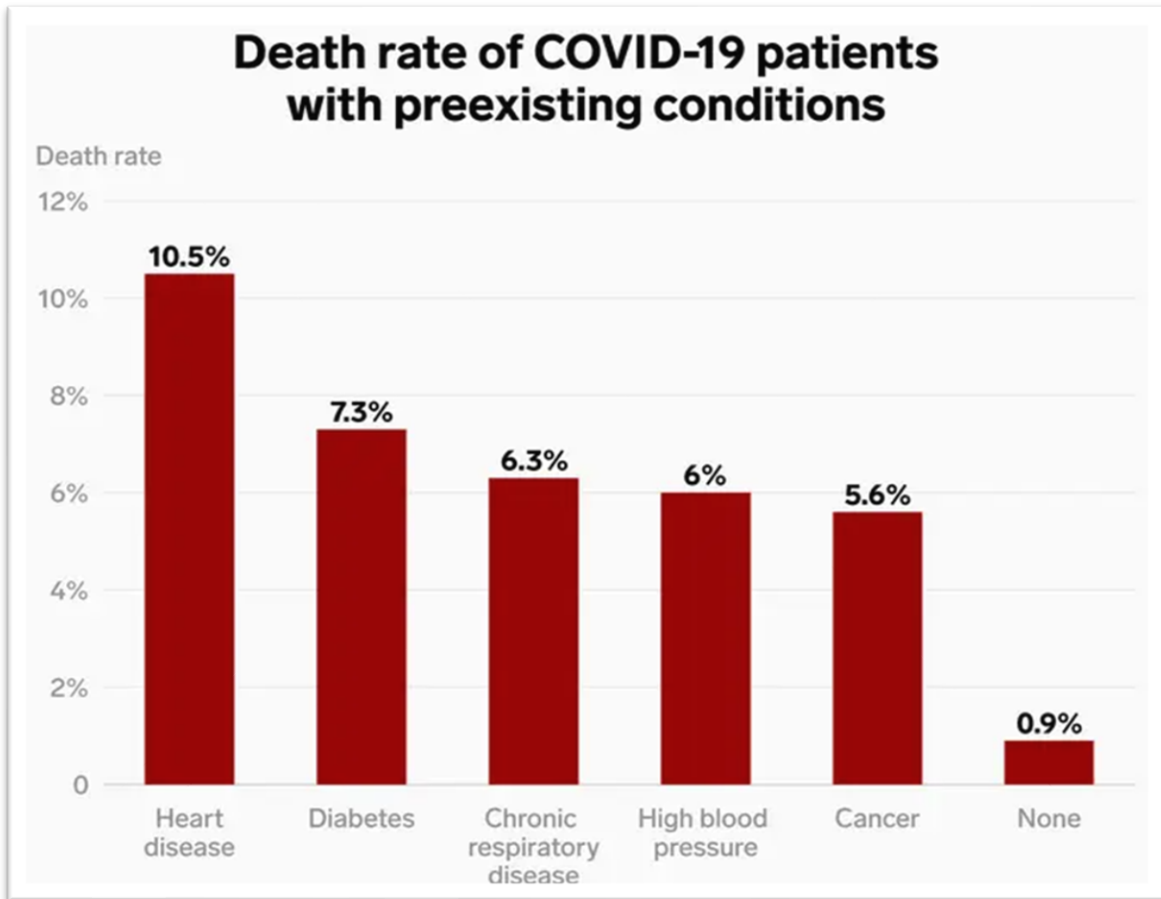


The Views

LIFESTYLE – IS MORE VALUABLE THAT WE THOUGHT – The VIEWS



REJUV: A-90 DAY EXPERIENCE is a medical based program, designed to slow the aging process and to avoid Chronic Health Conditions. Today, we know that 79 percent of the leading comorbidities among COVID-19 deaths in Canada and 86.2 percent of the deaths in New York State, were related to Chronic Health Diseases.

The Statesman Group has engaged REJUV for a morning 90-minute class three days each week for 90 days. This program is included in your condo fees:

- * Mobility Stretch & Flex Training.
- * Aerobic Exercise to maintain 70 percent of your target heart rate for 10 minutes.
- * Resistance Training to maintain muscle and joint toning.
- * De-Stressing Class with Mindful Meditation including Tulsi Tea for sleep enhancement.
- * Dietician classes to discuss foods that are preferred by your body to metabolize.

Enjoy the VIEWS—While Living to 100 Years-Young

Coronavirus Disease 2019 (COVID-19)
How to Protect Yourself from COVID-19
Older Adults and People with Chronic Medical
Conditions or Weakened Immune Systems

Who is at increased risk?

Based on what we know so far, people of any age or health status can develop COVID-19, but three groups are at higher risk for hospitalization or death:

- **Adults in their 60's and over**, who account for most of the reported COVID-19 hospitalizations, intensive care unit (ICU) stays, and deaths in Canada.
- **People of any age with chronic medical conditions**, including: Lung disease, heart disease, high blood pressure, diabetes, kidney disease, liver disease, cerebrovascular disease (e.g., past stroke).
- **People of any age who are immunocompromised**, including those:
 - With an underlying medical condition (e.g., cancer)
 - Taking immune weakening medications (e.g., chemotherapy)

Source: Public Health Ontario

