



# Live With Action

## Experience Sunrise Live With Purpose™

At Brighton Gardens, we offer eight activity programs, designed to provide opportunities for our residents to Live with Purpose. Come see how we Live With Action and join us for a community Exercise Essentials class. Learn senior-friendly balancing, stretching, and strength building exercises.



Whether it's self-reflection, artistry, yoga, or maybe even a new dance routine, through Sunrise Live With Purpose™, it's never too late to shine your brightest.

Learn more and RSVP.

**BGCharlotte.com/RSVP**

## Join Us

**Thursday,  
November 07, 2019**

**9:30 am-10:30 am**

**Brighton Gardens  
of Charlotte**

6000 Park South Dr  
Charlotte, NC 28210  
704-643-1400



**BRIGHTON GARDENS OF  
CHARLOTTE**



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