

THE BOND THAT LINKS YOUR TRUE FAMILY  
IS NOT ONE OF BLOOD, BUT OF  
RESPECT AND JOY IN EACH OTHER'S LIFE

— Richard Bach —

Thank you,  
Veterans,  
for your  
selfless  
dedication  
and service

# Family connections help you live longer

## Get connected at The Kensington

### PLEASE JOIN US

#### Brunch Open House

Sunday, Nov. 11, 2018

11:00am-2:00pm

RSVP to 703-992-9868 or  
conciergefcs@kensingtonsl.com

WHETHER IT'S THE ONE YOU GET or the one you choose, your family can make a grey day bright or a sunny day sunnier. It is a bringer of joy, a courier of love and a haven of comfort.

Connections with family are meaningful throughout every stage of life, but they are particularly important for seniors. They not only improve quality of life, but they also extend it. Strong family ties strengthen the immune system, increase cognitive ability and improve mental health. They also provide a sense of belonging that keeps worry at bay, alleviates fear and reduces stress, which all help preserve health and prolong life.

At The Kensington, we like having our residents around, so we've made space in our family for them and theirs—in our hearts and at our table.

**Get connected. Join us for brunch. We'll set a place for you.**



**THE KENSINGTON**

*An Assisted Living Community*

FALLS CHURCH

(703) 992-9868 | 700 West Broad St, Falls Church, VA 22046 | [www.TheKensingtonFallsChurch.com](http://www.TheKensingtonFallsChurch.com)

Kensington Park, another Kensington community located nearby in Kensington, MD

