



## VISIT OUR COMMUNITY PAGE FOR MORE INFORMATION:

- Where to participate in E3 Initiatives
- Find the monthly Dining Calendar
- Take the E3 Zone Survey & submit YOUR E3 toward Intentional Living



# Intentional Living with the Power of E3

## **EAT**

What we eat is so important to our daily, physical and mental performance.

## **ENERGY**

How we find our physical drive is a key element to building our endurance for a healthy lifestyle.

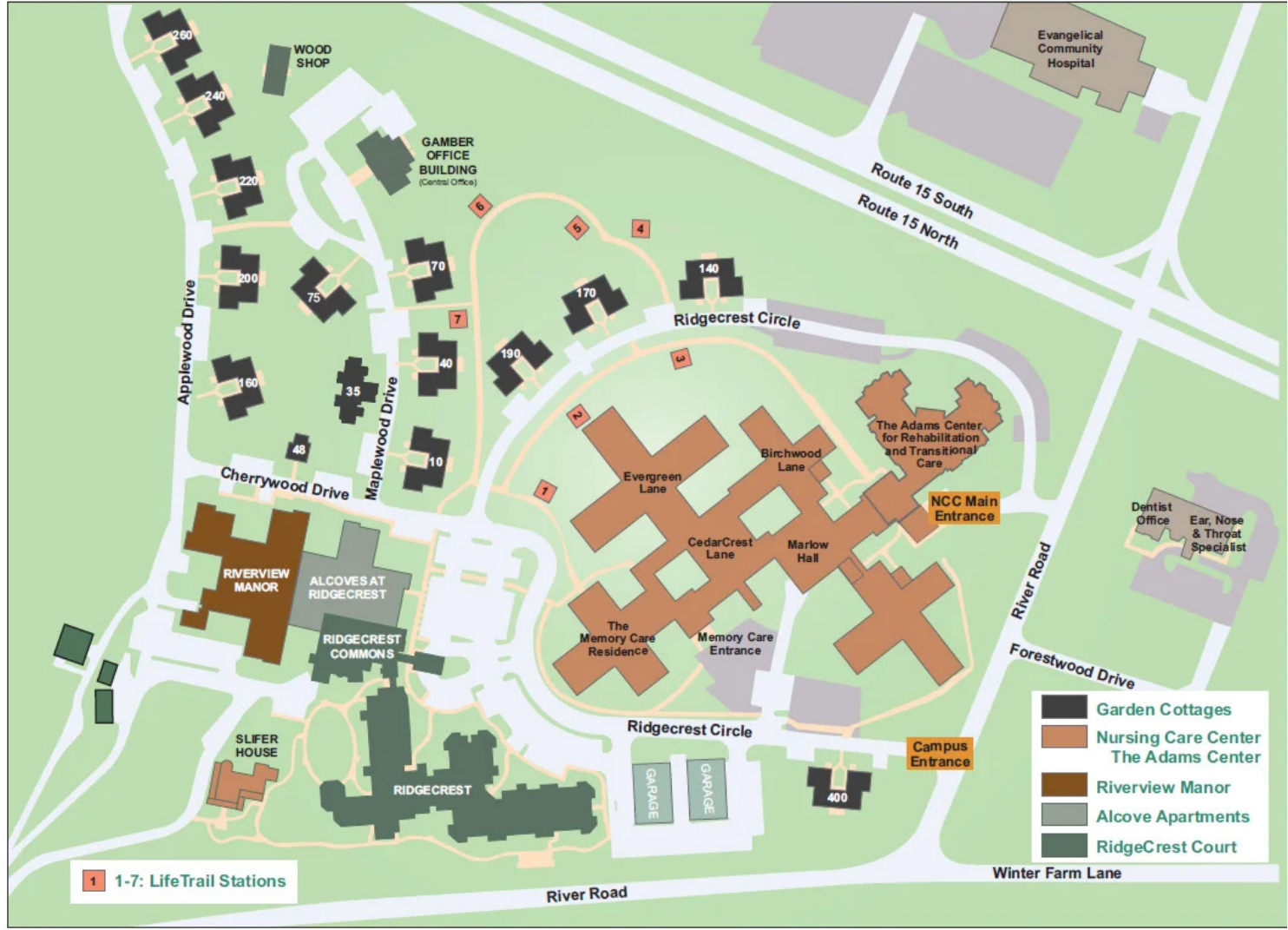
## **EMPOWER**




Taking an active role in how we participate in life and be social, contributes to our own agility and well-being.

# CAMPUS MAP

**E<sup>3</sup> KEY FOR ENGAGEMENT**

-  Dining Venues  
Culinary Events
-  Physical Activity  
Resident Clubs
-  Social and Cultural Events  
Resident Clubs
-  E3 Kiosk



-  Ridgecrest Restaurant  
Café
-  Walking Path with LifeTrail Stations  
Well-Being & Acquatics Center  
Arts Studio  
Billiards  
Woodshop  
Social and Cultural Events
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Social and Cultural Events

-  Garden Cottages
-  Nursing Care Center  
The Adams Center
-  Riverview Manor
-  Alcove Apartments
-  RidgeCrest Court