



PRESS RELEASE – FOR IMMEDIATE RELEASE

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Life Enriching Communities Launches Whole Person Wellness Solutions, Inc.

CINCINNATI – Life Enriching Communities, Inc. (LEC) has announced the launch of a new business venture, Whole Person Wellness Solutions Inc., (WPWS). WPWS will provide consulting, development and management services to the senior living and older adult services industries nationwide.

During the past decade, LEC has become a recognized leader of whole-person wellness in the senior living industry. By incorporating both an internal and external approach, LEC has provided the necessary leadership and best practice models to advance a whole-person wellness approach to optimal aging. Our reputation and expertise affords us the opportunity to provide solutions to the senior living industry in the form of whole person wellness.

“This is a great opportunity to further advance whole person wellness across the landscape of senior living” says Scott McQuinn, LEC President and CEO. “Older adults, now and in the future, expect a lifestyle with meaning and purpose”. In addition to consulting services, WPWS will offer leadership training, professional education programs, product development and research opportunities for the advancement of whole-person wellness.

Jan Montague, a national expert in the whole-person wellness movement, has joined the LEC team to assist with the design, development and implementation of Whole Person Wellness Solutions, Inc.. In her previous business Jan consulted with hundreds of senior living & senior service organizations, hospitals, health clubs, fitness equipment companies, physical therapy

groups, architectural firms, and universities in developing wellness environments, cultures and programs that truly serve the whole person.

“It seems as if everyone I have met at Life Enriching Communities is interested in the advancement of whole-person wellness for all the right reasons,” says Ms. Montague. “Because this openness and desire for optimum health is already in place, I am pleased and excited to join the LEC team. It’s an outstanding opportunity to work closely with a group of people motivated to develop optimum whole-person wellness.”

Ms. Montague received the Professional Achievement Award from Northern Kentucky University in 1997. She received the Cottrell Distinguished Alumni Award from the Scripps Gerontology Center, Miami University, Oxford, Ohio in 2007. Jan serves on several national and international advisory boards and has authored numerous articles for professional journals focusing on whole-person wellness and optimal aging.

Joining Ms. Montague in the development of WPWS is Monica Smith, Executive Director of Twin Lakes. Ms. Smith began her career with LEC as the Director of Wellness for Twin Towers and Twin Lakes nearly ten years ago. She has enjoyed this role and played a huge part in creating a culture of whole-person wellness for LEC.

Ms. Smith is very passionate about developing cultures based on whole-person wellness. She has worked with Jan Montague for several years in a variety of different ways. Ms. Smith states, “The philosophy of whole-person wellness touches me personally. I am thrilled to have this opportunity,” Ms. Smith continues, “I am excited and looking forward to working with Jan in the development of Whole-Person Wellness Solutions Inc.”

Whole Person Wellness Solutions Inc. is located at 3051 Arborcreek Lane, Cincinnati, Ohio 45242. For information call 513-247-1934.

Life Enriching Communities, Inc includes the senior living communities of Twin Towers and Twin Lakes and the LEC Foundation. These communities offer accommodations and services for independent lifestyles, assisted living and short/long term nursing services. LEC, affiliated with the West Ohio Conference of the United Methodist Church, welcomes people of all faiths.