



FOR IMMEDIATE RELEASE
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Adult Day Services

**Life Plan Community, Williamsburg Landing, Wins
Beacon Award for 'Best in Wellness'**

Assisted Living

WILLIAMSBURG, VA – Williamsburg Landing has won the 2022 ICAA NuStep Beacon Award, which recognizes and honors the *Top 25 senior living communities in North America for “Best in Wellness”*. Williamsburg Landing is proud to be among those recognized for leading the way in fostering a wellness-centered environment that benefit all who live and work in the community.

Independent Living

The award was created as a joint effort between International Council on Active Aging (ICAA) and NuStep, LLC, a major manufacturer of recumbent cross-trainers used in healthcare, senior living and fitness. “Congratulations to these exemplary organizations that are leading the way in wellness-based models in the active-aging industry,” says Colin Milner, CEO and founder of ICAA. “We are thrilled to recognize their ongoing commitment to fostering a wide variety of opportunities for residents and staff to live better longer.”

Long-Term Care

Wellness is typically defined by seven key dimensions: emotional, physical, intellectual, social, spiritual, vocational and environmental. Prioritizing and nurturing these seven dimensions enables individuals to embrace their potential to pursue and optimize life’s possibilities. As the older adult population grows, senior living communities like Williamsburg Landing can significantly impact health, longevity and quality of life by establishing and supporting wellness as an essential, beneficial way of life.

Memory Support

“Williamsburg Landing is devoted to its vision of living fully beyond ageism by weaving the seven dimensions of wellness into the culture for the residents and staff,” says Britnee Cason, Director of Wellness. “Through innovative technology, an award winning employee wellness program and vibrant, whole-person centered programming, we have laid the foundation for a community that can thrive!”

Short-Term
Rehabilitation

Williamsburg Landing is the first accredited Life Plan Community in the region. The independent, non-profit organization provides a gracious, socially enriched environment and full continuum of care including independent living, assisted living, memory support, short & long term nursing and adult day services to accommodate seniors’ needs through every stage of life.

Skilled Nursing

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Health Club & Spa

