



# HEALTH & WELLNESS



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C A R L S B A D C H A M B E R O F C O M M E R C E

JANUARY 2025



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and open arms*



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*From Companionship to Personal Care,  
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and 24 Hour Care, Respite & Hospice Care*

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**www.CaringForNorthCounty.com**



*Synergy HomeCare of North County specializes in offering Customized Concierge Care Plans.*

## Synergy HomeCare of North County

**Synergy HomeCare of North County** specializes in offering Customized Concierge Care Plans.

At Synergy HomeCare of North County, we build connections and forward momentum in people's lives. We call it the Synergy Effect. We believe our purpose is to provide the best care possible. Equally important is helping people feel, see and experience more in their lives. Whether your loved one needs a little bit of help or a lot, the care they receive compassionately serves their immediate needs. But it can also have long-lasting effects that improve their lives in ways they never expected.

With Synergy HomeCare, you'll find the best tools and resources, specialized training and caregiver compassion, all in one place. Offering In-Home Care & Companionship, Specialized Home Care and Hospital to Home Care.

See us on social media, Facebook, Instagram and check out our Google Reviews! Whether you need care for yourself, family member or loved one, you will find a wealth of information by going directly to our website. Connect with us and see why we specialize in Customized Concierge Care Plans, that can be tailored for your special needs, whatever they may be.

Call us and find out what Synergy HomeCare of North County can do for you and your family! Call 760.990.4289 or visit us on the web [www.CaringForNorthCounty.com](http://www.CaringForNorthCounty.com).

### FIND YOUR SYNERGY EFFECT

When you need to find care for someone you love, it's important that it feels right.





**REVIVING COURAGE, EMPOWERING LIVES**  
FOR OVER 50 YEARS

At WRC, we offer **San Diego's most extensive support for survivors of intimate partner violence and sexual assault.** Our emergency shelter provides a secure environment for up to 28 days, while our transitional housing—lasting up to two years—is the county's longest available stay. Because healing takes time.

**AVAILABLE 24/7, BECAUSE CRISIS DOESN'T WAIT**  
**CALL ANYTIME (760) 757-3500**

**Other services include:** Crisis Intervention, Counseling, Safety Planning, Advocacy, Children and other supportive services, and WRC Thrift Store.



**WRC - WHERE SAFETY MEETS SUPPORT.**  
1963 Apple St, Oceanside, CA 92054  
[www.wrcsd.org](http://www.wrcsd.org)



WRC offers comprehensive services, including counseling, legal advocacy, and education programs to address the unique needs of survivors of intimate partner violence and sexual assault.

## WRC – Where safety meets support

Wellness starts with safety. For survivors of intimate partner violence and sexual assault, having a secure space to heal is often the first step toward rebuilding their lives. At **WRC**, we offer North San Diego's most extensive support for survivors, combining immediate crisis response with long-term resources designed to foster stability and hope.

Our emergency shelter provides a secure environment for up to 28 days, ensuring survivors and their families have the safety they need to begin their healing journey. For those requiring more time, our transitional housing program—lasting up to two years—is North San Diego County's longest available stay. Because healing takes time.

But our support doesn't stop there. WRC

offers comprehensive services, including counseling, legal advocacy, and education programs to address the unique needs of each survivor. We are committed to empowering individuals to regain their independence and reclaim their futures.

We understand that crises don't follow a schedule, which is why we are available 24/7, because crisis doesn't wait. Whether it's a call for help, guidance, or connection to resources, our team is here—day and night. Call anytime at (760) 757-3500.

As North San Diego's trusted resource for survivor wellness, WRC combines safety with support to create lasting change. Together, we can build a healthier, safer community for everyone.

# WARRIOR SPORTS FITNESS

[WWW.WARRIORSPO RTSFITNESS.COM](http://WWW.WARRIORSPO RTSFITNESS.COM)

**JOIN NOW**

**OUR SERVICES**

- SPORTS CONDITIONING & SKILL TRAINING
- CARDIO TRAINING
- HYBRID MARTIAL ARTS
- WEIGHT LOSS SUPPORT
- STRENGTH & ENDURANCE TRAINING

**(310) 963-6163**

[Amaro@warriorsportsfitness.com](mailto:Amaro@warriorsportsfitness.com)



At **Warrior Sports Fitness**, we help clients develop the body type they desire in the comfort of their homes or at beautiful public parks, as well as group training sessions, fostering a sense of community and motivation.

## Empowering your fitness journey anywhere

At **Warrior Sports Fitness**, we understand that fitness is not just a destination; it's a lifestyle that should align with your individual goals. As a dedicated personal trainer, my mission is to help clients develop the body type they desire in the comfort of their homes or at beautiful public parks. I also offer dynamic group training sessions, fostering a sense of community and motivation.

What sets me apart is my personalized approach to training, combining expertise and passion to create tailored programs that address each client's unique needs. Whether you're looking to lose weight, build muscle, or enhance your athletic performance, I am committed to guiding you on your fitness journey. Together, we'll develop strategies to keep you motivated and accountable.

As Bruce Lee once said, "The successful warrior is the average man, with laser-like focus." I believe that with the right approach and determination, anyone can achieve their fitness goals.

I strive to create a community that fosters support and encouragement, whether in individual sessions or group training formats, ensuring you never feel alone on your path to health.

Join me today and discover the difference that personalized and group training can make in your life. Sign up for a free trial session, and let's kick-start your journey right at your doorstep or in a local park.

Make the commitment today—your warrior spirit awaits! Visit my website at [www.warriorsportsfitness.com](http://www.warriorsportsfitness.com) to learn more about my services and available training options!





Located in Carlsbad, GlenBrook Health Center is a well-respected senior care provider nestled among the rolling hills and provides beautifully landscaped grounds to enjoy.

# A place that cares

GlenBrook Health Center is proud to be recognized as a Best Nursing Home with the highest-possible ratings for both short-term rehabilitation and long-term care. GlenBrook received an overall 5/5 rating and a high-performing distinction as a nursing home.

U.S. News & World Report is the global authority in health care rankings, providing data-driven information and guidance to help residents and their loved ones understand their long-term and short-term care options.

This award further proves GlenBrook's commitment to ensuring our residents have

the highest possible quality of life and, in turn, giving their families and loved one's peace of mind.

"This award is truly meaningful to our community. It reflects not only our team members' tireless work and dedication to providing quality care but our residents and their families as they have continued to support GlenBrook throughout such unprecedented times" GlenBrook Health Center Administrator, Sadie Harness.

For more information, go to [www.visitglenbrook.com](http://www.visitglenbrook.com).

# GLENBROOK HEALTH CENTER

## NATIONALLY RANKED. LOCALLY LOVED.

NAMED A 2023-2024 BEST SKILLED NURSING AND LONG-TERM COMMUNITY BY U.S. NEWS & WORLD REPORT 3 YEARS IN A ROW



GlenBrook Health Center is an elite-rated Skilled Nursing Facility by U.S. News & World Report with rehabilitation and options for assisted living and memory care. Just steps away from a world-class shopping center, The Forum Carlsbad, GlenBrook gives you peace of mind knowing your loved one has a packed social calendar and the expert care they need in a homelike environment.



Call 1-760-334-4421 to schedule a personalized tour of our award-winning community.

1950 Calle Barcelona, Carlsbad, CA 92009  
[visitglenbrook.com](http://visitglenbrook.com) |

For the well-being of residents, GlenBrook Health Center strives to follow CDC guidance and comply with recommendations from state and local health officials. Offerings depicted are subject to change. State of California License Numbers: #374601560 and #080000786.



At Aegis Living Shadowridge, residents live in private apartments and enjoy concierge services, housekeeping, laundry, transportation, movie theater, a beauty salon and more.

# Specialized care at Aegis

Located in the SoCal beach town of Oceanside, **Aegis Living Shadowridge** is a warm and welcoming community where our residents and team feel like family. Divided into three individual wings, residents enjoy smaller, tight-knit communities in assisted living and memory care.

For over 26 years, Aegis Living has set a new standard of excellence. Here at Aegis, you'll find personalized and expert care, a full day of activities and experiences to suit every interest, delicious all-day dining, and a dedicated team committed to making a difference for seniors. Our Transitions program is a specialized activity and enrichment program that focuses on residents with early memory loss. It provides a small more intimate environment for them to engage in conversation and activities.

We offer a variety of care services, from light-assisted to transitional care to memory

care. Our compassionate, around-the-clock trained care team and full-time nurses personalize each resident's care plan. And our innovative memory care program, Life's Neighborhood®, offers specialized care in an intimate setting for residents with memory loss.

Residents live in well-appointed private apartments and enjoy amenities to make their lives easier, including concierge services, housekeeping, laundry, transportation, and a team to assist them whenever they're needed. Our community has a movie theater, library, beauty salon, and restaurant-style dining that accommodates nutritional needs, personal preferences, and restrictions. To schedule a tour of our beautiful community, contact Darcy Clevenger, Marketing Director: [darcy.clevenger@aegis-living.com](mailto:darcy.clevenger@aegis-living.com) or 760-806-3600. For more information, go to [www.aegisshadowridge.com](http://www.aegisshadowridge.com).



# Experience Superior Senior Living

Schedule your tour today to discover personalized care in our welcoming assisted living and memory care community.

**Aegis Living**  
 Assisted Living | Memory Care

**SHADOWRIDGE**

1440 South Melrose Drive | Oceanside, CA 92056  
 760-806-3600 | [aegisshadowridge.com](http://aegisshadowridge.com)



## Beware!

Don't trust an Internet search.  
Talk to a local professional regarding  
Senior Living & Care  
Call us before you go on-line!

- 35+ years experience
- Our service is no cost to you
- We track state inspections & staff
- A local family-owned service
- Available 24/7

Cathy and Mike Ellis  
California RCFE Licensed  
Placement Recommendations  
Free Consultations  
Assisted Living  
Memory Care  
In-home Care



**760-696-3542**  
**SeniorCareOptions.org**

*Senior Care Options*



Whether seniors are looking for a large community with meals, activities, transportation and care or a small board and care home, Senior Care Options can help them find the right place.

## Life can begin again at 80

Cathy and Mike Ellis started **Senior Care Options Placement** and Consulting in 2014 after Cathy spent 24 years managing large assisted living communities. Decisions regarding senior living and care are too important to leave to an internet search. Senior Care Options checks out the facilities, including their licensing records and management staffing history.

Whether you are looking for a large community with meals, activities, transportation and care or a small board and care home, they can give you the straight scoop on which ones are good and which places to steer clear of! Cathy says, "the best part of living in a senior community is the fun and friendships you will have!"

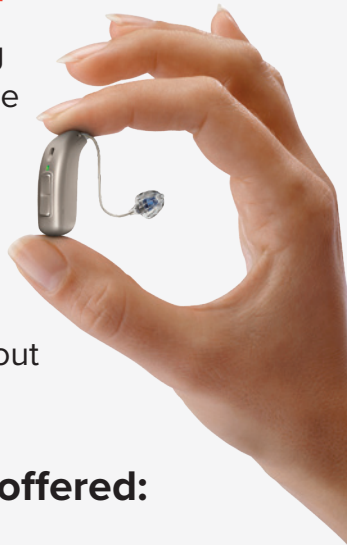
This is a free service, where Senior Care Options is paid by the facility only if a place-

ment occurs. Call Senior Care Options to set up a free consultation. They can meet with you in-person or on Zoom. Do you need a speaker for your club or organization? Cathy and Mike have a great presentation on "Navigating the many Senior Care and Living Options and how to pay for them!" They welcome calls if you have any questions whatsoever about senior care and living options and ways to pay for them. Cathy and Mike are both California Certified Residential Care Facility for The Elderly Administrators.

Senior Care Options website [www.Senior-CareOptions.org](http://www.Senior-CareOptions.org) is full of helpful resources, tools and videos. For more information you can contact Cathy and Mike seven days a week: [cathy@seniorcareoptions.org](mailto:cathy@seniorcareoptions.org) 760-696-3542.


## Life-changing hearing care **STARTS HERE**

**HearingLife** is a national hearing care company that operates more than 600 hearing care centers across 42 states. Our licensed hearing professionals provide personalized care and custom solutions to meet your individual needs. We are with you throughout your journey to better hearing.



### Complimentary services offered:

- Hearing assessments\*
- Clean and check of current devices
- Personal demonstration of the latest technology
- Treatment of tinnitus and other hearing-related conditions

 **HearingLife**  
Hearing Aid Center

2588 El Camino Real, Suite D, Carlsbad, CA 92008

**760.729.1702**  
**hearinglife.com**

\*See office for details.  
Mention code **AG60-1** when calling.

## Hearing Loss: Effects and treatment options

People use technology more than ever to communicate. This is challenging for people with hearing loss. 48 million Americans have some degree of hearing loss and it can negatively impact almost every aspect of a person's life. Only 1 in 5 people who would benefit from hearing aids use them. People with hearing loss generally wait 7-10 years before seeking help, yet hearing loss is the 3rd most chronic physical condition in the U.S. (Reference 2)

### WHAT CAUSES HEARING LOSS?

Hearing loss can occur at any age. Aging or exposure to loud noise are the most common causes, but infection, injury or genetics can be the basis as well. While most hearing loss is unavoidable, noise-induced hearing loss is preventable, yet has no cure and is irreversible. (Reference 3)

### EFFECTS OF UNTREATED HEARING LOSS

Hearing loss is an invisible disability that may reduce quality of life and lead to serious health issues including developing dementia, depression, mental fatigue, and cognitive decline. It can impact personal and professional relationships. The Lancet Commission on Dementia Prevention, Intervention and Care cites that "individuals with mild hearing loss have 2X the risk of developing dementia". **HearingLife's** Chief Audiologist, Dr. Leslie Soiles, recommends hearing aids as a means of maintaining an active lifestyle — and possibly reducing one's risk for developing dementia.

HearingLife performs complimentary hearing assessments that identify hearing loss at most of their 600+ offices. This is a quick and painless test. Hearing aids are helpful for most hearing loss. Options for



*Hearing loss is an invisible disability that may reduce quality of life and lead to serious health issues including developing dementia, depression, mental fatigue, and cognitive decline.*

treatment depend on the degree and type of hearing loss, your lifestyle and budget.

HearingLife's licensed professionals have in-depth knowledge of treating hearing loss with hearing aids using the latest technology. Hearing aids today are digital and offer many convenient features, including Bluetooth® technology. HearingLife will help identify the best solution for you.

Find an office near you at [hearinglife.com](http://hearinglife.com).

### REFERENCES

1. Hearing Loss Association of America
2. Blackwell DL, Lucas JW, Clarke TC. Summary health statistics for US adults: National Health Interview Survey, 2012. Vital health statistics, series 10, no. 260. Atlanta, GA: National Center for Health Statistics, CDC; 2014. [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_260.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_260.pdf)
3. Centers for Disease Control and Prevention, Hearing Impairment Among Noise-Exposed Workers; 2016. [https://www.cdc.gov/mmwr/volumes/65/wr/mm6515a2.htm#:~:text=Hearing%20loss%20is%20the%20third,%2Drelated%20illness%20\(2\).](https://www.cdc.gov/mmwr/volumes/65/wr/mm6515a2.htm#:~:text=Hearing%20loss%20is%20the%20third,%2Drelated%20illness%20(2).)





Hospice of the North Coast is celebrating 45 years of providing heart-led care to individuals and families navigating life's final journey.

# Celebrating 45 years of compassionate care

Since 1980, **Hospice of the North Coast** has stood as a beacon of hope and compassion, providing heart-led care to individuals and families navigating life's final journey. For 45 years, our mission has remained steadfast: to deliver dignity, comfort, and peace when it's needed most.

What began as a small group of dedicated volunteers has blossomed into a compre-

hensive network of care. Today, our services include an inpatient hospice home, a robust palliative care program, grief support services, and our beloved Resale Shop, which helps sustain our mission.

At the heart of everything we do is our unwavering commitment to the community. Thousands of families have trusted us to walk beside them during life's most tender mo-

ments, and for that, we are profoundly grateful. Your trust and partnership have allowed us to grow and evolve, ensuring we remain a trusted resource for generations to come.

As we celebrate this milestone, we honor the volunteers, donors, and caregivers who have poured their hearts into our mission. Together, we've created a legacy of compassionate care that reflects the strength of

our community.

Join us in celebrating 45 years of making a difference. Learn more about our programs and discover how 45 years of expertise and compassion can make all the difference for you and your loved ones.

Visit [hospicenorthcoast.org](http://hospicenorthcoast.org) or call 760-431-4100. Let us continue to walk this journey together—today, tomorrow, and always.



## Your Life. Your Choice. Your Way.



[hospicenorthcoast.org](http://hospicenorthcoast.org) (760)431-4100





# Santianna's Vienna, a customized program

Vienna, **Santianna's** sister community offers a boutique approach to memory care for the Carlsbad community. We are an intimate, family-owned property that values strong relationships and provides services and amenities of the highest caliber. Our memory care program is customized to the cognitive abilities of our residents and provides a variety of amenities and spaces within the specialized community. We provide beautiful, comfortable spaces where residents can find joy and comfort in staying active, partake in nutritious meals and experience connection with other residents, staff, and nature.

Dementia is a holistic journey—one that is best taken together. We offer support at each step for each resident and their family. We consider each resident's previous experience, skills, likes and dislikes, and unique limitations they face each day to create a personalized plan of care that's specifically tailored to your loved one's needs. By focusing on the individual, rather than just the illness, we're able to interact and engage with each one of our residents in meaningful ways. Dignity comes from the ability to make choices. It is our goal to give each resident as much say in their daily life as possible. Our caregivers strive to meet each person where they are.

Studies show that using a team approach results in healthier dementia residents—and relieves stress on families! Our staff will work with physicians, the resident's health care providers, volunteers, community groups, and family members to care for the needs of the whole person. Family members are important partners in creating the "best life" for our residents. We support our families through resource libraries, family councils,



Just steps away from the main building on Santianna's campus, Vienna offers a customized program to memory care.

support groups, fun activities, events, and more.

We seek to create a warm, safe, engaging environment where those with dementia can enjoy day-to-day life to the fullest. We

look for activities that engage all five senses to provide enjoyable experiences for people at any level of ability. Our dining program offers meals and snacks that are nutritious, delicious, and appealing.

Despite detours and bumps in the road, people with dementia can live happy, fulfilling lives. Let us be your guide as this journey unfolds.

Visit us at [www.viennamemorycare.com](http://www.viennamemorycare.com).

## CARLSBAD'S NEWEST MEMORY CARE COMMUNITY



AT SANTIANNA

# VIENNA

Vienna offers a boutique approach for residents with cognitive difficulties or memory impairments.

We are an intimate, family-owned community dedicated to providing services and amenities that are tailored to the individual.



**PERSONALIZED AND HOLISTIC CARE**



**A TEAM APPROACH**



**DAYS WITH DIGNITY**



**ENGAGING THE SENSES**



**CULINARY EXPERIENCES**

**Schedule a tour today!**

**442.325.8090 | [Vienna@WQLiving.com](mailto:Vienna@WQLiving.com)**





SAN DIEGO AT HOME CARE

Instantly enjoy peace of mind knowing your loved one is thriving happily at home with our Senior Home Care in the San Diego area

# In-Home Care

Call today to bring the *gold standard of Home Care* to your doorstep

**(760) 828-5201**



NOW IS THE TIME FOR SAN DIEGO AT-HOME CARE

## Do you fear for your loved ones safety every time you leave them alone?

As our loved ones age, even simple daily tasks can become daunting and sometimes even dangerous. This often causes worrisome thoughts like:

- ▶ If they fall, how long will it take to find them?
- ▶ What if they forget to take their medications or, worse, overdose?
- ▶ What happens if they have a medical emergency while they're alone?
- ▶ Are moments of confusion becoming more common?
- ▶ Are they struggling emotionally without companionship?

If you've been stressing with thoughts like these, it's crucial you get your loved one's help before it's too late. We can help. Call us today.

CARLSBAD SENIOR HOME CARE AGENCY CORE VALUES

## Our Promise to You

Our work is guided by our core values, which serve as our promise to you.



**We'll treat your family like our own**

You can rest assured that your loved one is in attentive and loving hands that truly care.



**Clear and regular communication**

We'll provide regular communication to keep you and your family up-to-date.



**Comprehensive care**

We provide whole-person care so your loved one remains comfortable and in great spirits.



**24/7 or hourly care options**

From 24/7 Home Care to a few drop-ins per week, our professional caregivers can assist your needs.



**Compatible & loyal caregivers**

We guarantee a caregiver your loved one adores and looks forward to their visits.



**Licensed, bonded, and insured**

We are bonded and insured and all of our caregivers are licensed professionals.



**Empathetic & understanding care**

We listen to your needs and adjust to meet them, knowing that every day is different.



**Multiple payment options**

Long Term Care insurance, VA assistance, and private pay all accepted.

**Contact Info:**  
(760) 828-5201

**Office Addresses**  
8911 La Mesa Blvd. Suite 104 La Mesa, CA 91942  
2011 Palomar Airport Rd Carlsbad, CA 92011

[getgoldencare.com](https://www.getgoldencare.com)





With an assortment of beautiful homes, delicious restaurant-style dining and plenty of space to find neighbors with similar passions and hobbies, La Costa Glen is an easy transition without leaving the Carlsbad community.



## Finding peace of mind in your senior years at La Costa Glen

Retirement expectations are evolving for the baby-boomer generation. Many businesses, including in the senior living industry, have spent more than a decade working to decipher this generation's needs and desires as they reach their retirement years.

It has been found that peace of mind for themselves and their loved ones is at the top of their wish list, even more so than for previous generations.

They have watched and participated in their parents' and friends' struggles with aging in place. Many of them have found or are finding themselves scrambling to find nursing and health care so their loved ones can age at home.

According to a recent AARP survey, while

most Americans 50 years or older want to live as long as possible in their current homes, many will struggle with the soaring cost. With the median price of paid-in-home care reaching \$300,000 per year, seniors are finding other avenues to meet their financial and health needs.

For those who do the math, the Life Plan model provides compelling financial value and offers the peace of mind that the baby-boomer generation desires the most.

As a Life Plan community, **La Costa Glen** in Carlsbad has provided thousands of seniors an all-inclusive lifestyle with elevated levels of personalized services and resort-like amenities for more than 20 years.

Residents who call La Costa Glen home

live in the moment and enjoy the peace of mind of knowing they have secured a plan for the future. Gone are the hassles of home maintenance, yard work and home upkeep. At La Costa Glen, retirement living is about enjoying everything you've spent your career working for and not worrying about keeping up a home.

La Costa Glen offers a highly repayable entrance fee with predictable monthly fees. Residents have priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

Located on over 55 acres of beautiful, lush landscaping, residents will boast about the location as one of the most desirable selling

points of the community. With The Forum shopping center within walking distance and the ocean only three miles away, seniors find that moving to La Costa Glen is an easy transition without leaving the Carlsbad community they love.

With an assortment of beautiful homes, delicious restaurant-style dining and plenty of space to find neighbors with similar passions and hobbies, there's no shortage of things to do without even leaving the community.

If you're ready to find peace of mind for your retirement years, give La Costa Glen a call at 1-760-330-4271 to schedule your personalized tour. You'll understand why so many seniors have come to expect more from retirement living here.



**PILATES - STRETCH - YOGA - CARDIO - MOBILITY - BARRE**









Fit Hive Carlsbad is a boutique fitness studio dedicated to helping you achieve better strength, stretch, stamina, and stability. Our classes include Reformer Pilates, Reformer Cardio Jump, Barre, Yoga, and more, designed to suit all fitness levels. With expert trainers and personalized guidance, every session supports your progress and goals. Come for the fitness, and stay for the supportive community that makes every workout meaningful.

[www.fithivecarlsbad.com](http://www.fithivecarlsbad.com)

**2 FREE CLASSES**



\*NEW MEMBERS ONLY

  #fithivecarlsbad

760.515.4476

6106 Avenida Encinas Ste F | Carlsbad



Tucked away in Carlsbad, Fit Hive is a boutique fitness studio offering a diverse range of classes that cater to everyone from fitness enthusiasts to beginners looking to embark on their wellness journey.

## Fit Hive revolutionizing pilates with total gym reformers

Tucked away in Carlsbad, **Fit Hive** is not your typical gym. This boutique fitness studio has quickly become a community favorite, offering a diverse range of classes that cater to everyone from fitness enthusiasts to beginners looking to embark on their wellness journey. As the studio marks its first anniversary, it continues to stand out with its pilates classes and their unique focus on Total Gym Encompass Reformers. Unlike traditional Pilates reformers, the Total Gym Encompass adds a functional fitness element to Pilates by combining bodyweight resistance with dynamic movement patterns. This allows participants to build strength, improve flexibility, and enhance mobility in a safe and effective way.

"Our reformer classes are designed to meet clients where they are, whether they're recovering from an injury, looking to improve functional movement, or trying to build strength and endurance," says Shandra

Knight and Terri Edwards, founders of Fit Hive.

In addition to its signature reformer Pilates classes, Fit Hive offers a robust schedule of classes, including Barre, Cardio, Yoga, Mobility, and Stretch sessions. Each class is designed to accommodate all fitness levels, ensuring clients can find a program that aligns with their goals.

What truly sets Fit Hive apart is its sense of community and personal touch. Over the past year, the studio has built a welcoming environment where members feel supported and encouraged.

Fit Hive creates a space where fitness meets community, offering diverse classes and experienced trainers who genuinely care about their clients' well-being and progress.

Experience the Fit Hive difference today with two complimentary introductory classes. Join the Hive and discover a community built on wellness, empowerment, and results. [www.fithivecarlsbad.com](http://www.fithivecarlsbad.com).





# IT'S THE COMMUNITY THAT KEEPS UP WITH YOUR RETIREMENT *lifestyle.*



## DESIGNED FOR FUN, FRIENDSHIPS AND YOUR WELL-BEING.

With resort-like amenities, educational classes, social clubs and more just steps from their front doors, residents at La Costa Glen have plenty of opportunities to have fun and stay engaged. Plus, they enjoy life confidently, knowing they have priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

**Call La Costa Glen at 1-760-330-4271  
today or scan the code to schedule a tour.**







## Fran Gilder Architect of life

Fran has crafted every detail of her retirement. She wanted to be close to her family. She wanted to watch the sun set over the ocean. Here, friends stroll together to the local farmers market. That's the kind of place she was looking for. And she found it at Carlsbad By The Sea.



When she's not heading out to the neighborhood café or next up in the Wii Bowling tournament, she's trying her hand at watercolors and learning to play the ukulele. She'll tell you she never thought she'd move out of her home, but without the mundane chores of homeownership, everything has opened up and it's just the way she likes it.

At Carlsbad By The Sea, Fran not only found the warm climate she was seeking after all those years of shoveling snow, but she found a warm community.

*Continue your lifelong pursuits and find new adventures at Carlsbad By The Sea, offering independent living, assisted living and skilled nursing on-site.*



## CARLSBAD BY THE SEA Retirement Community

a front porch community

Call **800-255-1556** or visit  
**CarlsbadByTheSea.org**

2855 Carlsbad Blvd., Carlsbad, CA 92008

We're an equal opportunity housing provider  
in Southern California. CA license #374600799 COA #194





# Discover natural beauty, culture and community at Carlsbad By The Sea

At **Carlsbad By The Sea Retirement Community** the beach is in your backyard, a quaint village is next door and a profound sense of well-being envelops you. Some call it a natural paradise, some call it a resort, but our cherished residents are fortunate enough to call it home.

At Carlsbad By The Sea, your time is yours to relish. Continue the life you love, whether it's cycling under the sun, partaking in aqua aerobics in our heated pool, or savoring the serenity of a beach stroll at dawn. Curl up with a good book from our library or let your creativity flow in workshops from woodworking to painting, or perhaps share your own zest for life with new friends during our lively social hour.

Here, life is enriched by not just social opportunities but ease, as our attentive staff manage the essentials — housekeeping, maintenance and culinary delights in our picturesque dining room that looks out to ocean vistas. Your well-being is our priority, with staff at your service.

Our community, with less than 160 residences, is a tapestry of connections and memories. Among them are six exclusive oceanfront apartments, carved into the bluff, offering unparalleled views. With more



*At Carlsbad By The Sea Retirement Community the beach is in your backyard, a quaint village is next door and a profound sense of well-being envelops you.*

than 20 floor plans, from cozy studios to expansive penthouses, each space is a canvas for your life, many with patios or balconies

for fresh sea breezes.

As a continuing care community, we evolve with your needs. Assisted living per-



**CARLSBAD BY THE SEA**  
Retirement Community

a front porch community

sonal care services are brought right to your doorstep, ensuring comfort without compromise. And should you require it, Carlsbad By The Sea Care Center provides expert skilled nursing and rehabilitative therapies, all with a view of the ocean.

Embrace the legacy of a historic resort transformed into a luxurious seaside retreat. Carlsbad By The Sea is where resort-style service meets the tranquility of Southern California's splendor.

To begin your coastal living experience, visit us at [carlsbadbythesea.org](http://carlsbadbythesea.org) or contact us today at 760-720-4580 for a tour. Welcome home to the sea's embrace.

## DISC Surgery Center at Carlsbad brings world-class orthopedic and spine care to San Diego's North County

San Diego's North County is set to become a premier destination for advanced spine and orthopedic care with the launch of the DISC Surgery Center at Carlsbad in early 2025. Located at the Wellness Center of **Tri-City Medical Center's** Carlsbad campus, this ultramodern ambulatory surgery center (ASC) will deliver the highest level of outpatient care, blending technology, expertise and luxury to redefine the patient experience.

DISC Sports & Spine Center (DISC) is spearheading the project in partnership with Tri-City Medical Center, both excited to bring world-class spine and orthopedics to the local community.

### DISC'S MOST ADVANCED SURGERY CENTER YET

Spanning 12,000 square feet, DISC Surgery Center at Carlsbad features three state-of-the-art operating suites fully equipped with advanced imaging, navigation systems and robot-assisted technology. These tools allow DISC's renowned physicians to perform complex spine and orthopedic procedures with unparalleled precision, minimizing recovery times and improving patient outcomes.

"Our Carlsbad facility is the most ambitious and technologically advanced ASC we've ever built," said DISC founding director Dr. Robert S. Bray, Jr., who launched his first ASC nearly 20 years ago. "From infrastructure and tools to protocols and patient care, every detail has been optimized to provide the best outcomes for our patients in an environment that emphasizes excellence."

### TRANSFORMING NORTH COUNTY'S SPINE AND ORTHOPEDIC CARE

DISC Surgery Center at Carlsbad will offer North County patients access to an expansive scope of spine surgeries, such as artificial disc replacement, fusion and endoscopy. The center will also provide the full scope of orthopedic care and pain management. These procedures, once limited to major



*DISC Sports & Spine Center (DISC) is spearheading the project in partnership with Tri-City Medical Center, both excited to bring world-class spine and orthopedics to the local community.*

hospitals, are now available to San Diego's North County in a convenient outpatient setting.

### LUXURY MEETS PERSONALIZATION

And DISC's patient care extends far beyond its advanced tools and surgical expertise. The new facility has been meticulously designed to create a stress-free and luxurious experience for patients. From private recovery rooms to attentive, highly trained

nursing staff, the result is an unmatched level of personalized attention. This concierge-style care ensures that patients feel supported, informed and comfortable at every stage, from consultation to recovery.

### A STRONG PARTNERSHIP WITH TRI-CITY MEDICAL CENTER

While DISC leads the charge in creating this world-class facility, its partnership with Tri-City Medical Center plays an essential

role in making these services accessible to North County residents. By combining DISC's clinical excellence with Tri-City's established community presence, the collaboration strengthens local healthcare infrastructure and provides convenient access to cutting-edge treatments.

For more on how DISC Surgery Center at Carlsbad is transforming healthcare in North County, visit DISC Sports & Spine Center or Tri-City Medical Center.





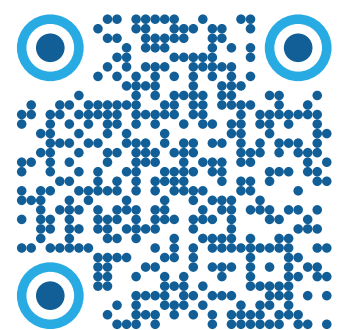
# New World-Class Surgery Center Opening in Carlsbad



## Revolutionizing Spine and Orthopedic Care at North County's Newest Facility

Opening in early 2025, DISC Surgery Center at Carlsbad brings world-class spine and orthopedic care to San Diego's North County. Located on the Tri-City Medical Center Health & Wellness Complex, this 12,000-square-foot outpatient facility features state-of-the-art operating suites equipped with robotic-assisted technology and advanced imaging systems. Custom-built for minimally invasive spine and orthopedic procedures, the center offers a luxurious environment designed for exceptional patient comfort and care. DISC's renowned physicians, paired with a 97% patient satisfaction rate, are setting a new gold standard for healthcare in Carlsbad.

To learn more about DISC Sports & Spine Center, visit [www.discmd.com](http://www.discmd.com) or call 949.988.7800



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