



MEANINGFUL PROGRAMMING. REAL CONNECTION.

Give residents more than an activity.

Give them something to carry forward.

Counselor-informed wellness groups turn life enrichment into connection, reflection, learning, and growth.



A richer resident experience starts with being seen.

Older adults continue to adapt, learn, grieve, connect, laugh, and search for purpose. The Next Chapter creates an inviting, strengths-based space where those experiences become conversation - and conversation becomes community.

● BELONGING

Shared stories and guided conversation help residents feel connected and understood.

● RESILIENCE

Practical tools support residents through stress, grief, family changes, and later-life transitions.

● PURPOSE

Affirms identity, wisdom, meaning, legacy, and the possibilities still ahead.

● ENGAGEMENT

Blends learning, reflection, humor, and discussion so residents participate - not simply listen.

“Lisa had such a great understanding of our residents’ needs. She provided an open conversation and perspective into aging topics most don’t consider.”

RECREATION DIRECTOR · NORTHLAND HEIGHTS

CONTACT US TODAY
TO OFFER
THE NEXT CHAPTER
AT YOUR SITE

A warm, practical wellness
experience with depth.



Whole-person wellness, built for later life.

Every session connects multiple dimensions of well-being - because residents do not experience life in separate boxes.

MENTAL & EMOTIONAL

Stress management · emotional regulation · resilience

SOCIAL

Friendship · belonging · meaningful conversation

PHYSICAL & COGNITIVE

Healthy routines · brain health · continued engagement

SPIRITUAL & MEANING

Gratitude · hope · purpose · legacy

LIFELONG LEARNING

Curiosity · reflection · personal growth · practical skills

75-90 MINUTES

guided learning + conversation

11-17

typical session attendance

ONSITE

adapted to resident interests

A program your community can be proud to offer.

VALUE FOR YOUR COMMUNITY

- Differentiate your life-enrichment calendar.
- Give families a meaningful story beyond amenities.
- Demonstrate a resident-centered wellness philosophy.
- Create sessions residents discuss and share.

A GROWING CURRICULUM

Belonging · Grief & Loss · Healthy Boundaries · Stress & Worry · Life Transitions · Purpose & Legacy · Journaling · Technology · Downsizing · Seasonal Wellness · Lifelong Learning · Gratitude · Relationship Repair

“Residents were engaged and openly shared their life stories. They clearly enjoyed the group.”

RESIDENTIAL SERVICES COORDINATOR, LUTHERAN SENIOR LIFE



CREATED & FACILITATED BY

Lisa Corbett Thurber

M.S. IN CLINICAL MENTAL HEALTH COUNSELING

35+ YEARS EMPOWERING OTHERS - CLINICAL EXPERIENCE ACROSS AGES 8-87

Lisa's academic background and clinical work in mental health counseling, paired with over 35 years of experience working with and empowering others through life transitions, is what helps drive the effectiveness of the group.