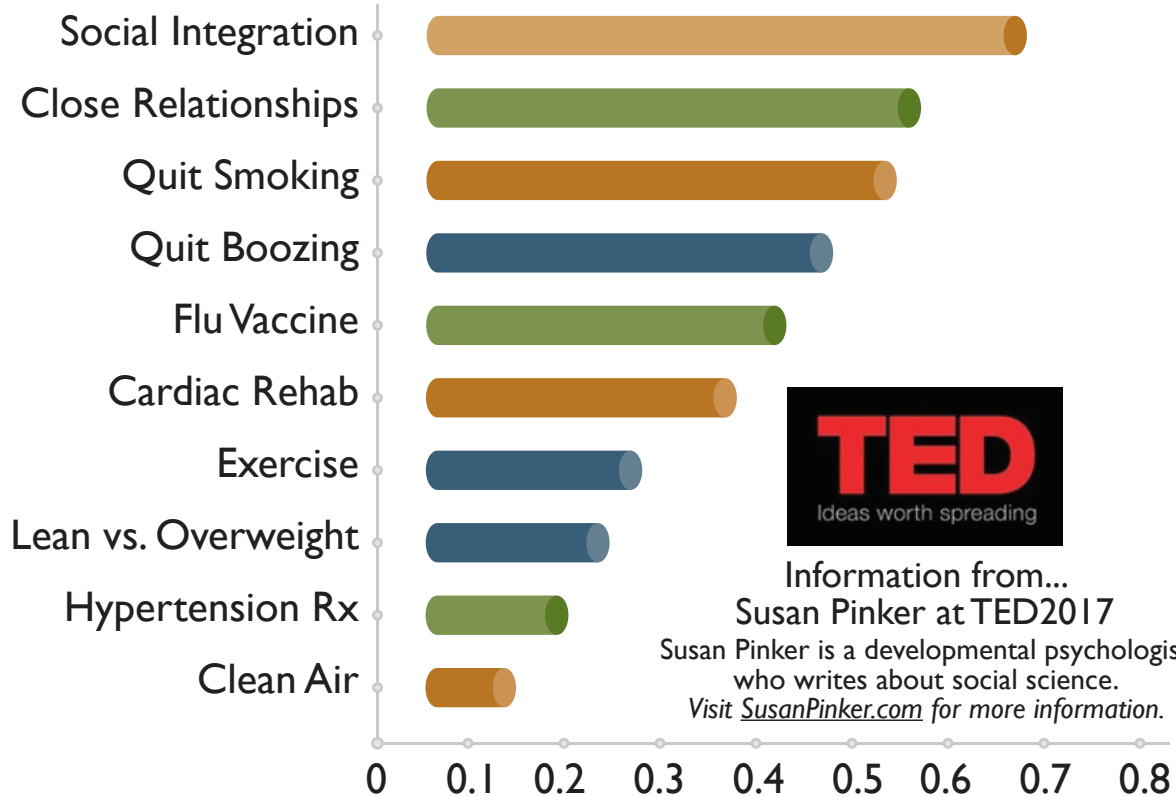


Secrets to Longevity

Staying Alive



The secret to living longer may be your social life

Statistically — Women live 6-8 yrs longer than Men. However that's not always the case. Your genes account for 25% of your longevity. The other 75% is based on your lifestyle.



Meet Michelle Watkins, Retirement Counselor

After many years of working in the industry of retirement living, Michelle now serves as a Retirement Counselor at Brazos Towers at Bayou Manor. Helping seniors successfully navigate their choices by better understanding the differences between communities and the services they offer, is an important part of her daily role. Whether these individuals end up moving to Brazos Towers at Bayou Manor, or somewhere else, Michelle knows that she and her team have succeeded if visitors leave with the information and tools they need to create a plan that will allow them to thrive in the next chapter of their lives.

To read my complete blog, please go to <https://brazostowers.com/blogs/>
Or, you can contact me via email at michelle.watkins@houstonretirement.org

