



Be *your best self*

## Ramadan

Sunday, March 10

Ramadan starts on Sunday, March 10th and goes until April 9th. Those that are practicing Muslims take this time to fast, reflect, pray, and spend time as a community.

DR. JAMES W.  
**HEMSTOCK**  
ASSISTED LIVING RESIDENCE  
**HEARTHSTONE**  
PLACE

INSPIRED SENIOR LIVING WITH

