

Dining at Heal Rest



The dining experience at Heal Rest provides another opportunity for social interaction among residents. Our meals, which are carefully crafted and approved by a Certified Dietitian, are both healthy and appetizing. We supplement ingredients with herbs and spices grown from our kitchen gardens.

At Heal Rest, we are aware of the impact of good nutrition on the health and wellness of our residents. Therefore, our meals are prepared to help manage any underlying health conditions such as cholesterol, diabetes and blood pressure, etc.

The kitchens are always open to accommodate our residents. However, this is done consistent with our residents' healthcare provider recommendations and our residents' preferences.

