



Contributed photos

On Jan. 24, Cypress Village Retirement Community honored individuals who have embraced and contributed to the community’s multi-dimensional approach to wellness.

# Cypress Village celebrates vibrant living with the inaugural LIVE VIBRANT Awards

Cypress Village Retirement Community marked a milestone in its commitment to wellness and active aging with the first-ever LIVE VIBRANT Awards, a celebration of residents who exemplify a culture of engagement, vitality and well-being. The event, held on Jan. 24, honored individuals who have embraced and contributed to the community’s multi-dimensional approach to wellness.

Cypress Village Executive Director Ty Morgan opened the ceremony by reaffirming the community’s dedication to fostering a culture of wellness.

“Wellness at Cypress Village is more than just fitness; it’s about creating a lifestyle that embraces movement, engage-

ment and purpose. Our residents prove every day that vibrant living has no age limit.”

Deb Goin, fitness coordinator, highlighted the achievements of the 2024 LIVE VIBRANT wellness initiatives, which included Nordic Pole Walking, Water Walking, the Take the Stairs Challenge, Pump It for Parkinson’s Day and even adventurous outings like ziplining and hiking. A significant milestone was the relocation and expansion of the fitness center, featuring state-of-the-art Technogym equipment.

“Our residents continue to inspire us,” said Goin. “When we move, we engage. When we engage, we connect. And when

we connect, we thrive. This past year demonstrated that physical activity is the foundation for overall wellness.”

Awards were presented to residents who have demonstrated outstanding leadership in wellness. “These individuals exemplify what it means to live vibrantly,” said Ashley Miller, wellness & resident services director. “Their passion, energy and commitment to health inspire us all.”

Cypress Village is already setting ambitious goals for 2025, with new programs designed to encourage movement and engagement.

The event concluded with a powerful message from Morgan encouraging resi-

dents to reflect on their wellness journeys and set goals for the future.

“Living vibrantly means embracing each day with intention. Whether through physical movement, intellectual curiosity or acts of kindness, we all have the power to create a life filled with meaning, connection and joy.”

Cypress Village is a premier senior living community in Jacksonville, offering a range of services including independent living, assisted living, memory care and skilled nursing. Cypress Village is committed to enhancing the quality of life for its residents through exceptional care, innovative programs and strong community partnerships.



## Cypress Village

Explore. Discover. Celebrate.  
Life at Cypress Village!

Independent Living  
Assisted Living  
Alzheimer’s & Dementia Care  
Skilled Nursing  
On-Site Rehab

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