Wellness in Every Dimension

Feeling great goes beyond a physically healthy lifestyle. There are multiple dimensions to whole-person wellness.

EXPLORE THE 6 DIMENSIONS

Emotional
- Support Network
- Stress-reduced Environment
- Engaging Activities

Physical
- Strength & Balance
- Fitness & Nutrition
- Preventative Care

Spiritual
- Worship
- Service Projects
- Community Life

Intellectual
- Brain Stimulation
- Curiosity & New Ideas
- Reading & Learning

Social
- Family & Friends
- Shared Projects & Activities
- Community Dining

Occupational
- Interest Groups
- Skills Sharing
- Volunteerism

More resources available at: WhereYouLiveMatters.org

Data Source: By Dr. Bill Hettler, co-founder of the National Wellness Institute