

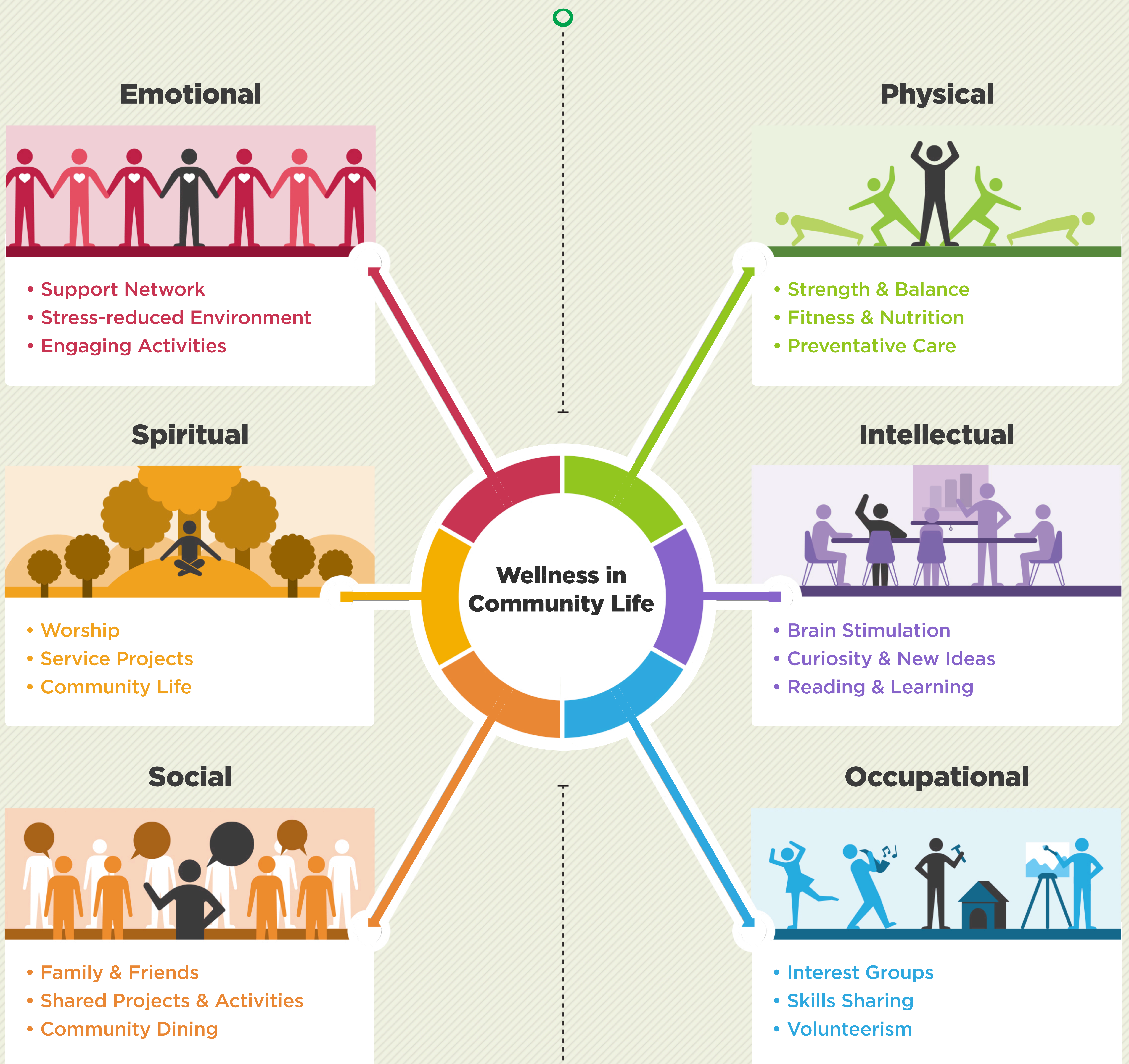


A SENIOR LIVING RESOURCE

Wellness in Every Dimension

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

EXPLORE THE 6 DIMENSIONS



A SENIOR LIVING RESOURCE

More resources available at:
WhereYouLiveMatters.org

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