



WELLNESS PHILOSOPHY

AT EMERALD HEIGHTS, **WELLNESS IS AN ACTION WORD**. THROUGHOUT THIS VIBRANT COMMUNITY, **WE SUPPORT EACH OTHER** IN THE PURSUIT OF GROWTH AND IMPROVEMENT IN **SEVEN DIMENSIONS OF WELLNESS**: EMOTIONAL, SOCIAL, SPIRITUAL, INTELLECTUAL, ENVIRONMENTAL, PHYSICAL AND VOCATIONAL. THROUGH THIS HOLISTIC APPROACH, WE CAN EACH ACHIEVE AND MAINTAIN OPTIMAL HEALTH AND INDEPENDENCE, AT **EVERY AGE** AND **EVERY STAGE**.

WELLNESS IS THE HELP OF EVERYTHING WE DO

Intellectual

Engaging our minds in lively interaction with the world around us



Spiritual

Exploring life's meaning and uncovering our own truths



Social

Successfully relating to and connecting with others in our community



Physical

Living a lifestyle based on habits that support healthy bodily functions and longevity



Environmental

Making a positive impact on the quality of our environment: our homes, communities and planet



Vocational

Preparing and using our gifts, skills and talents to gain purpose, happiness and life enrichment



Emotional

Understanding, acknowledging and dealing with our feelings in a productive manner