



WELLNESS  
PHILOSOPHY



AT EMERALD COMMUNITIES,  
**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 at the heart of everything we do.

**Intellectual**

Engaging our minds in lively interaction with the world around us

**Spiritual**

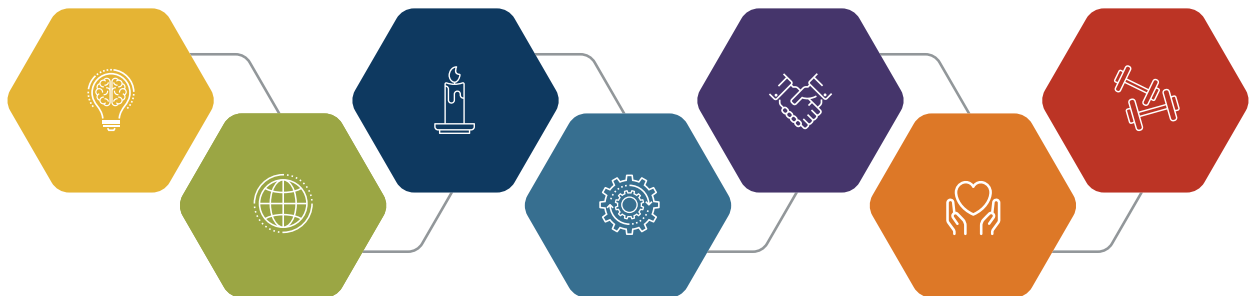
Exploring life's meaning and uncovering our own truths

**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

