

DIMENSIONS OF WELLBEING

A Broader View of Wellness for a Full, Inspired Life

Although we use the word "health" often, true wellbeing encompasses more than our physical body. Movement, nutrition, social connections and self talk, sleep and stress management, as well as financial stability all impact our overall wellness. Just as a balanced diet is needed for optimal nutrition, balanced wellness engages the body, mind, and nurtures the spirit.

This multi-dimensional wellness approach focuses on emphasizing the importance of positivity and eternal motivation for promoting healthy habits to improve one's quality of life.

During Make Your Move, challenge not only your body, but your mind as well. Be open as you explore the wellness resources, and consider which shifts you might want to integrate into your life long term. After all, this challenge is about making YOUR unique moves toward wellbeing.



“

Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.

- Laurette Gagnon Beaulieu

**MAKE YOUR MOVE.
TOGETHER.**