



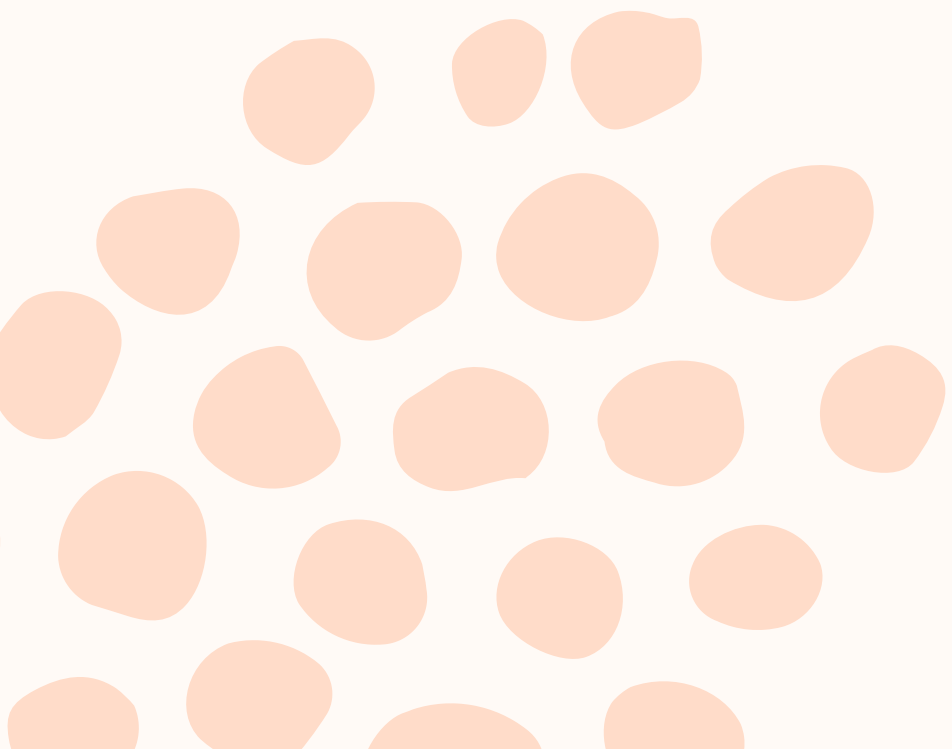
Health and Wellness

Becky C. Wright,
Chairman

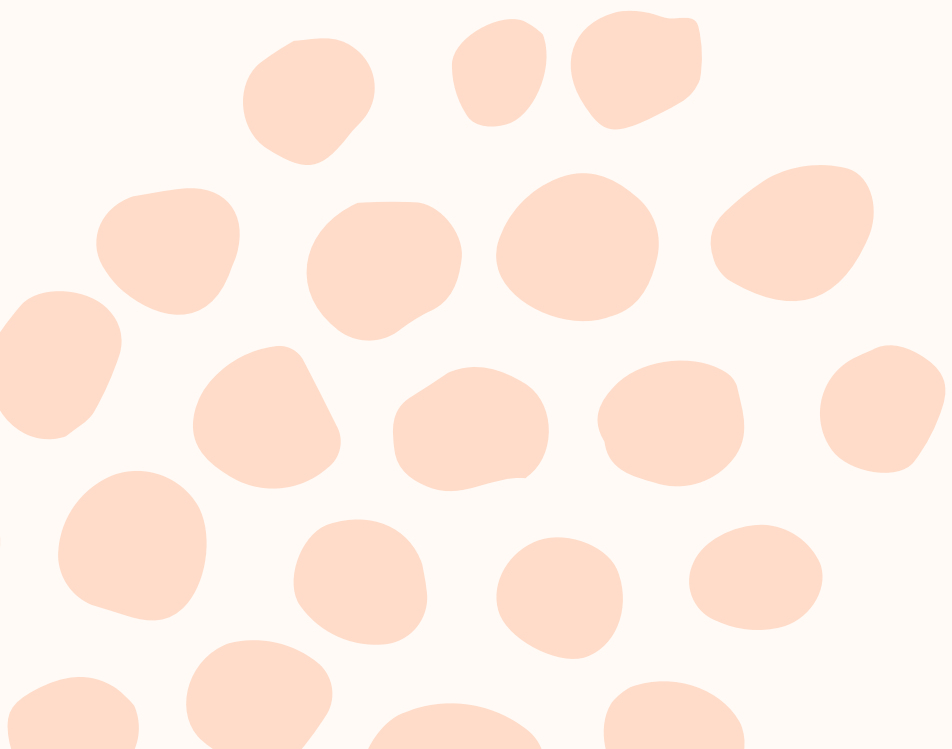
What is Health and
Wellness?



Health is a
state of body.



Wellness is a
state of being.





Six Dimensions of Wellness

1. Physical
2. Intellectual
3. Emotional
4. Spiritual
5. Environmental
6. Social Well-being





COMMUNITY CONNECTION INITIATIVE:

CAREGIVERS' CIRCLE



November is Caregiver Recognition Month. Show special support by writing notecards, providing meals, taking the caregiver to lunch, hosting an afternoon tea, or treating them to a manicure, pedicure, or massage.

How about a movie night – watch
an uplifting movie with friends? If
feasible, consider offering the
caregiver a break.

Don't ask the caregiver to let you know how or when help is needed. Feedback will likely not be given. Rather, offer specific ideas for what support could be given to help.

