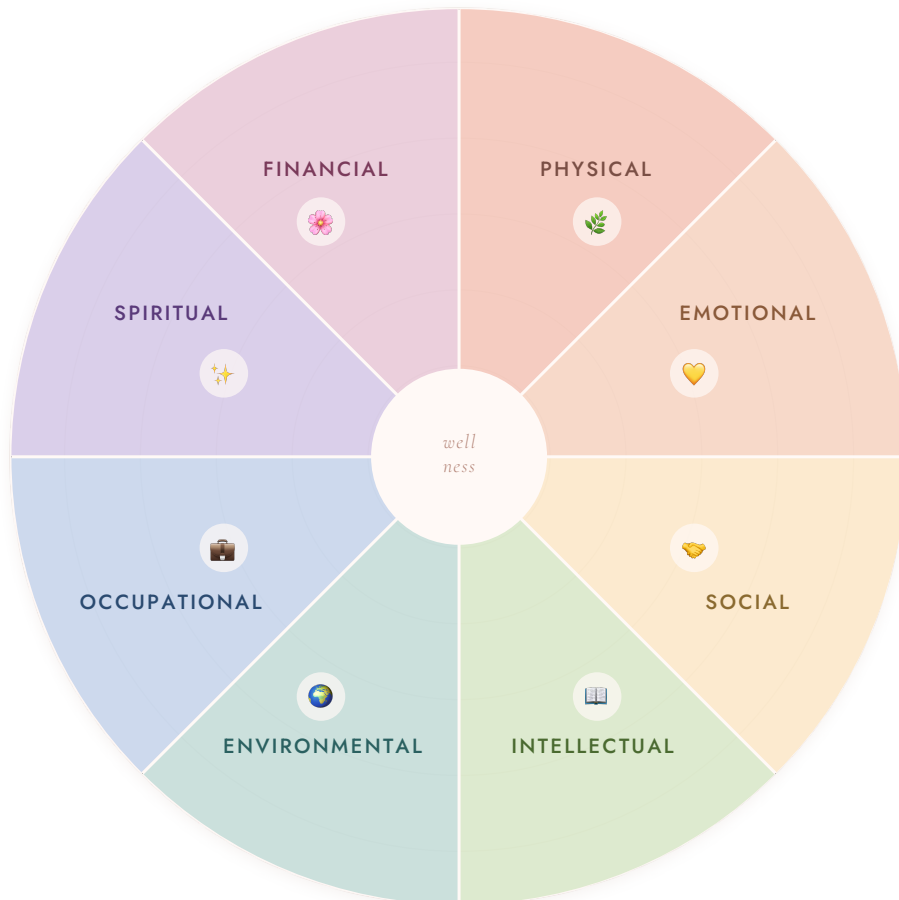


The *Wellness* Wheel

EIGHT DIMENSIONS OF A BALANCED LIFE



Physical — body, movement, health

Emotional — feelings, awareness, resilience

Social — relationships, community, belonging

Intellectual — growth, curiosity, creativity

Environmental — space, nature, surroundings

Occupational — work, purpose, fulfillment

Spiritual — meaning, values, connection

Financial — stability, security, goals

TRUE WELLNESS IS THE HARMONY OF ALL EIGHT DIMENSIONS

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