

# WELLNESS PHILOSOPHY

At Heron's Key, **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

