



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

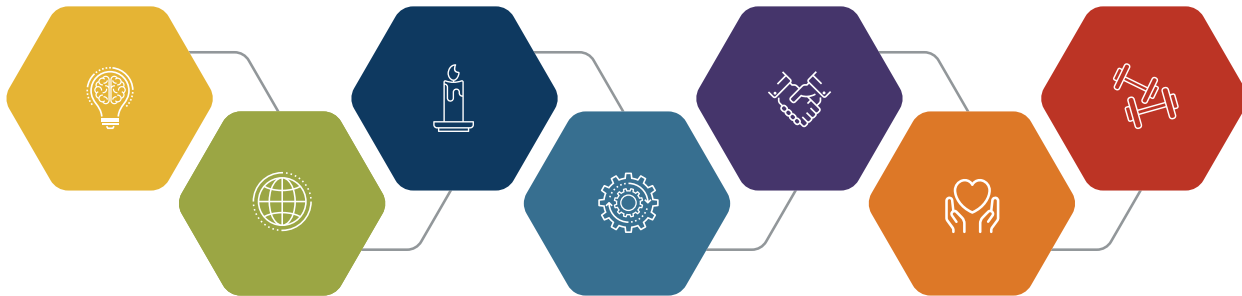
Exploring life's meaning and uncovering our own truths

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

