



A SENIOR LIVING RESOURCE

Wellness in Every Dimension

Feeling great goes beyond a physically healthy lifestyle. There are multiple dimensions to whole-person wellness.

EXPLORE THE 6 DIMENSIONS



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More resources available at:
[WhereYouLiveMatters.org](https://www.WhereYouLiveMatters.org)

Data Source: By Dr. Bill Hettler, co-founder of the National Wellness Institute