



Wellness is the pursuit of continued growth and balance across seven dimensions, not merely physical health. It is a complex interaction that incorporates a combination of all the dimensions (emotional, intellectual, physical, vocational, social, spiritual and environmental) and contributes to our own sense of quality of life.

At SpiriTrust Lutheran, Spirit360™ fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well-being so individuals can live as fully as possible.

AREA OF LIFE	BENEFIT TO THE RESIDENT	SAMPLE OF PROGRAM OFFERINGS
 <b>EMOTIONAL</b>	Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.	Support groups, music therapy, pet therapy, Zen Your Mind, music and massage
 <b>INTELLECTUAL</b>	Opening our minds to new ideas/experiences and engaging in creative pursuits and life-long learning to sharpen the brain.	Technology classes, art classes, Mind Benders, lifelong learning programs, current world events
 <b>PHYSICAL</b>	Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.	Tai Chi, chair yoga, Stretch and Breathe, Spirit Striders Walking Group, rhythm and movement class, recreational games
 <b>VOCATIONAL</b>	Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.	Intergenerational programs, Well Kits, Seasons of Service projects, animal shelter drives, quilting and sewing projects
 <b>SOCIAL</b>	Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.	Wine and Cheese socials, holiday & special occasion celebrations, card and board games, musical performances, Lunch and a Movie
 <b>SPIRITUAL</b>	Living with peace and harmony to realize a common purpose in our lives.	Church services, inspirational readings, Faith Stretching, Bible study, Body and Soul
 <b>ENVIRONMENTAL</b>	Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.	Gardening, outings to parks, recycling, Gleaning Project, nature presentations