



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.



Spiritrust Lutheran®

www.SpiritrustLutheran.org



The Seven Dimensions of Wellness

Our Spirit360™ program 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.

Vocational.



Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.

Emotional.



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.

Social.



Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.

Intellectual.



Opening our minds to new ideas/experiences and engaging in creative pursuits and life-long learning to sharpen the brain.

Spiritual.



Living with peace and harmony to realize a common purpose in our lives.

Physical.



Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.

Environmental.



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.