Wellness Definition

Definition: Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life and community. While there are many dimensions of wellness, these are our focus:

Personal

- Physical
- Mental
- Emotional
- Spiritual
- Intellectual
- Financial
- Occupational



Safety, Environmental, & Sustainability

- Resources
- Regulations
- Best Practices



Community/ Interconnectedness

- Social
- Relational
- •Altruistic/Contributions, Citizen Outreach
- Open Space/Trail System
- Wellness Education
- Engaged Residents
- Healthy System/Organizations
- •In Service to Residents
- Alignment with Vision & Values
- Collaborative with Government