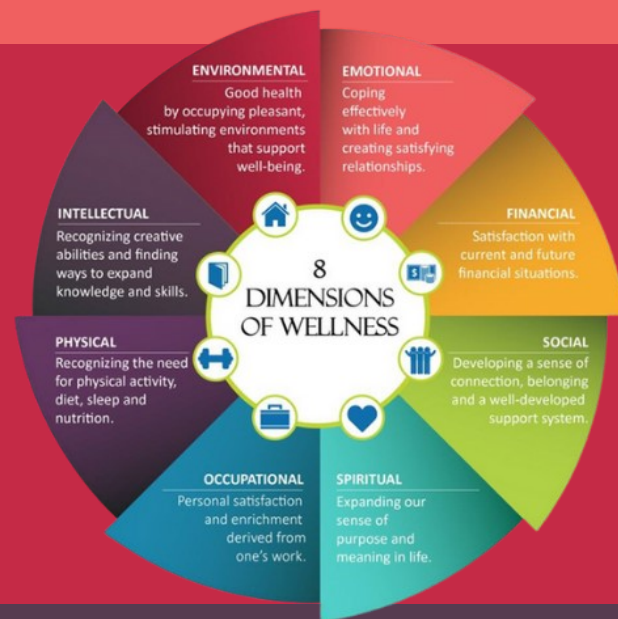


# EIGHT WAYS TO WELLNESS: Discover the Dimensions for a Healthier You



<p><b>Friday, April 23</b></p> <p><b>Occupational Well-Being</b> 8:30—9:30 am</p> <p><b>Physical Well-Being</b> 10:00—11:00 am</p>	<p><b>Friday, April 30</b></p> <p><b>Intellectual Well-Being</b> 8:30—9:30 am</p> <p><b>Environmental Well-Being</b> 10:00—11:00 am</p>	<p><b>Friday, May 7</b></p> <p><b>Spiritual Well-Being</b> 8:30—9:30 am</p> <p><b>Emotional Well-Being</b> 10:00—11:00 am</p>	<p><b>Friday, May 14</b></p> <p><b>Financial Well-Being</b> 8:30—9:30 am</p> <p><b>Social Well-Being</b> 10:00—11:00 am</p>
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## Join us Friday mornings for Eight Ways to Wellness: Discover the Dimensions for a Healthier You!

Wellness is often categorized into several interconnected dimensions. It's a holistic integration of physical, mental, and spiritual well-being. During this 8-session interactive series, you'll learn more about each of the eight dimensions along with ways to help find a personal harmony with the dimensions that are most authentic for you.

Register for this FREE Zoom event at:

<https://forms.gle/jcHXrVMoRPERRc8d7>

For questions, contact Selena Freimark, Health & Well-Being Educator with Extension St. Croix County, at [selena.freimark@wisc.edu](mailto:selena.freimark@wisc.edu) or 715-531-1947.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

# Eight Ways to Wellness: Discover the Dimensions for a Healthier You

All of the sessions are interrelated; we recommend attending all eight sessions to get the most out of the topics. However, we realize this might not be possible, so feel free to attend the ones you are able to; you'll still walk away with more insight into whatever topic you can explore.

## **Session 1: April 23, 2021**

**Occupational Well-Being:** Personal satisfaction and enrichment derived from one's work.

**Physical Well-Being:** Recognizing the need for physical activity, sleep, and nutrition.



## **Session 2: April 30, 2021**

**Intellectual Well-Being:** Recognizing creative abilities and finding ways to expand knowledge and skills.

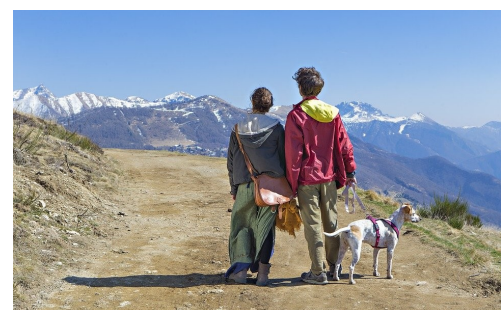
**Environmental Well-Being:** Good health by occupying pleasant, stimulating environments that support well-being.



## **Session 3: May 7, 2021**

**Spiritual Well-Being:** Expanding our sense of purpose and meaning in life.

**Emotional Well-Being:** Coping effectively with life and creating satisfying relationships.



## **Session 4: May 14, 2021**

**Financial Well-Being:** Satisfaction with current and future financial situations.

**Social Well-Being:** Developing a sense of connection, belonging, and a well-developed support system.



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