



6 DIMENSIONS OF WELLNESS SERIES

Learning to Attend to All Areas of Our Lives

Wellness is an active process through which a person becomes aware of, and make choices toward, a more successful and healthier existence.

DATE AND TIME

- 6 Week Series: March 26 - April 30
- Tuesday, 1:00 - 2:00 p.m., Education Room

DETAILS

- Learn about the 6 dimensions of wellness: physical, emotional, spiritual, intellectual, environmental and social
- Explore how this wellness framework helps organize, understand and balance growth and development
- Analyze how your actions, decisions, thoughts, attitudes and beliefs fit into these six basic concepts
- Investigate how to integrate the mind-body-spirit aspects of wellness in your life
- Cost: \$20 Member / \$30 Guest

FOR MORE INFORMATION

Contact Sharon Duffy | 402.413.3556 | sduffy@madonna.org

SIGN UP AT FRONT DESK

Limited space | Registration is for full series