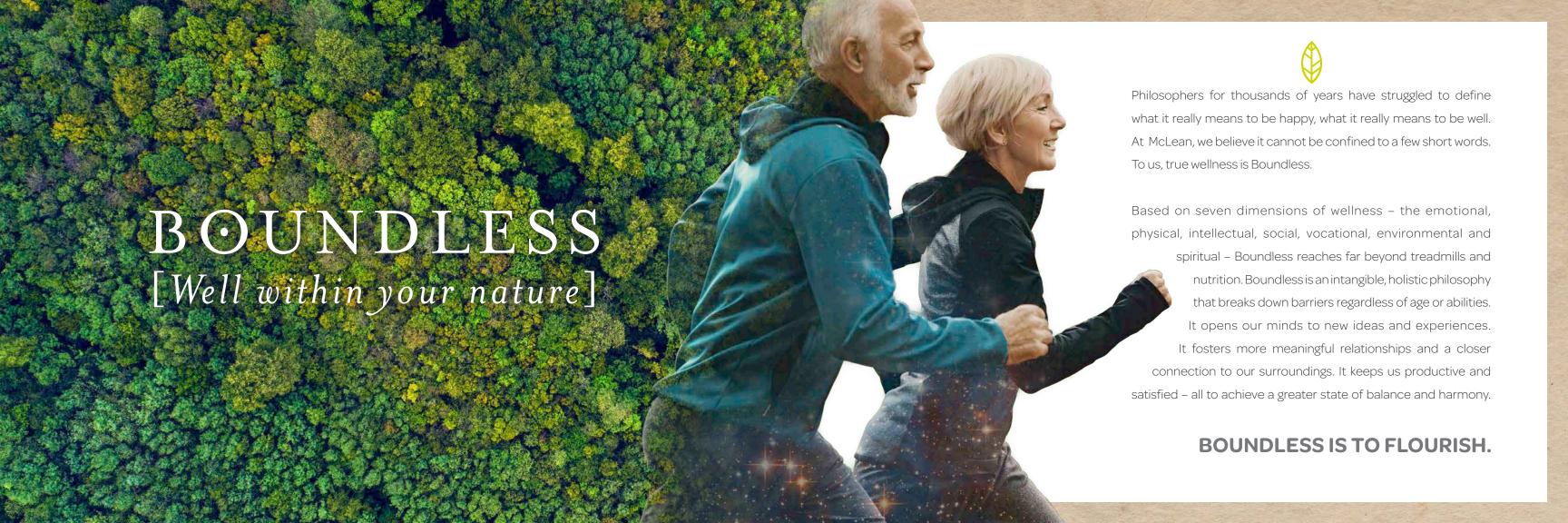


75 Great Pond Road | Simsbury, CT 06070 McLeanCare.org | 860-658-3700





A McLean wellness program



dimensions of wellness, benefits that are



& ENVIRONMENTAL

Living a lifestyle that's respectful to your surroundings contributes to a healthier world. Interacting with nature, protecting your environment, having adequate shelter and feeling like you have personal safety are all factors that contribute to your overall wellness.

₩ PHYSICAL

Lifestyle choices that help maintain or improve health and fitness can often lead to living longer. Physical activity, exercise and proper nutrition while avoiding harmful habits can help keep you looking good and feeling great while enhancing self-esteem and determination.

INTELLECTUAL

A healthy mind requires stimulating activities, creative endeavors, problemsolving and reasoning. Opening your mind to new ideas and experiences, applying what you've learned, and sharing your gifts with others are all ways to keep engaged with the world around you.

EMOTIONAL

Being emotionally well is more than just handling stress. It's the ability to understand your feelings and cope with the challenges life can bring. To be able to acknowledge and share these feelings allows you to achieve greater emotional stability and better enjoy the journey.

*** SOCIAL

Social wellness is achieved through building healthy relationships, a connection with those around you, and a support system that includes family and friends. It helps combat the feelings of isolation and loneliness that can plague people as circumstances change.

VOCATIONAL

The ability to do what you love is important to your overall well-being. Using your skills and talents helps you stay productive and satisfied. Whether you're using those talents to create something or help someone else, the process will help you feel a greater sense of purpose, happiness and enrichment.

SPIRITUAL

The path to spiritual wellness is a personal matter. While different individuals may have different beliefs, it's generally considered the search for meaning and purpose in life. It leads one to strive for harmony while working to balance inner needs with the rest of the world.



BOUNDLESS

[Well within your reach]

Here on our beautiful, 120-acre forested campus, we offer endless opportunities and resources to enhance your well-being. Yet we go wherever we need to go to provide self-actualization, happiness, fitness and spirituality. Whether it's a 5-mile hike at the McLean game refuge or Avon Mountain, a symphonic concert or shopping in Simsbury, even a round of golf at Hop Meadow Country Club, the ability to live your best life is Boundless.

Based on 7 dimensions of wellness, we provide boundless opportunities:

+ PHYSICAL

Healthy dining options

Fitness and balance classes

Large and small gyms

Water therapy

Open swim

Biking

Weight training

Walking trails

Dance classes

Ping pong and pool

Hop Meadow Country Club

including golf, tennis, swimming and dining

EMOTIONAL

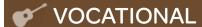
Bereavement groups

Alzheimer's support groups

Massage

Aroma therapy

Breath Work



Art classes and crafts programs

Mentoring

Sorenson Media Center

Community connections

Horticultural programs

Safe driving program

Driving assessment

*** SOCIAL

Exercise with a friend

Hooks and needles

Cocktail parties

Volunteering

Themed dinners and tastings

Outings for shopping, theater,

concerts and community events

SPIRITUAL

Meditation

Rosary

Bible study

Religious services

Chapel



ENVIRONMENTAL

McLean game refuge

Flora and fauna programs

Wildlife programs

Recycling

Bird watching

Guided hikes

Gardening

INTELLECTUAL

University of Hartford lectures

Book clubs

Library and computer room

Great Courses series

Trivia, games and cards

Weekly movies

Culinary health

Memory café

