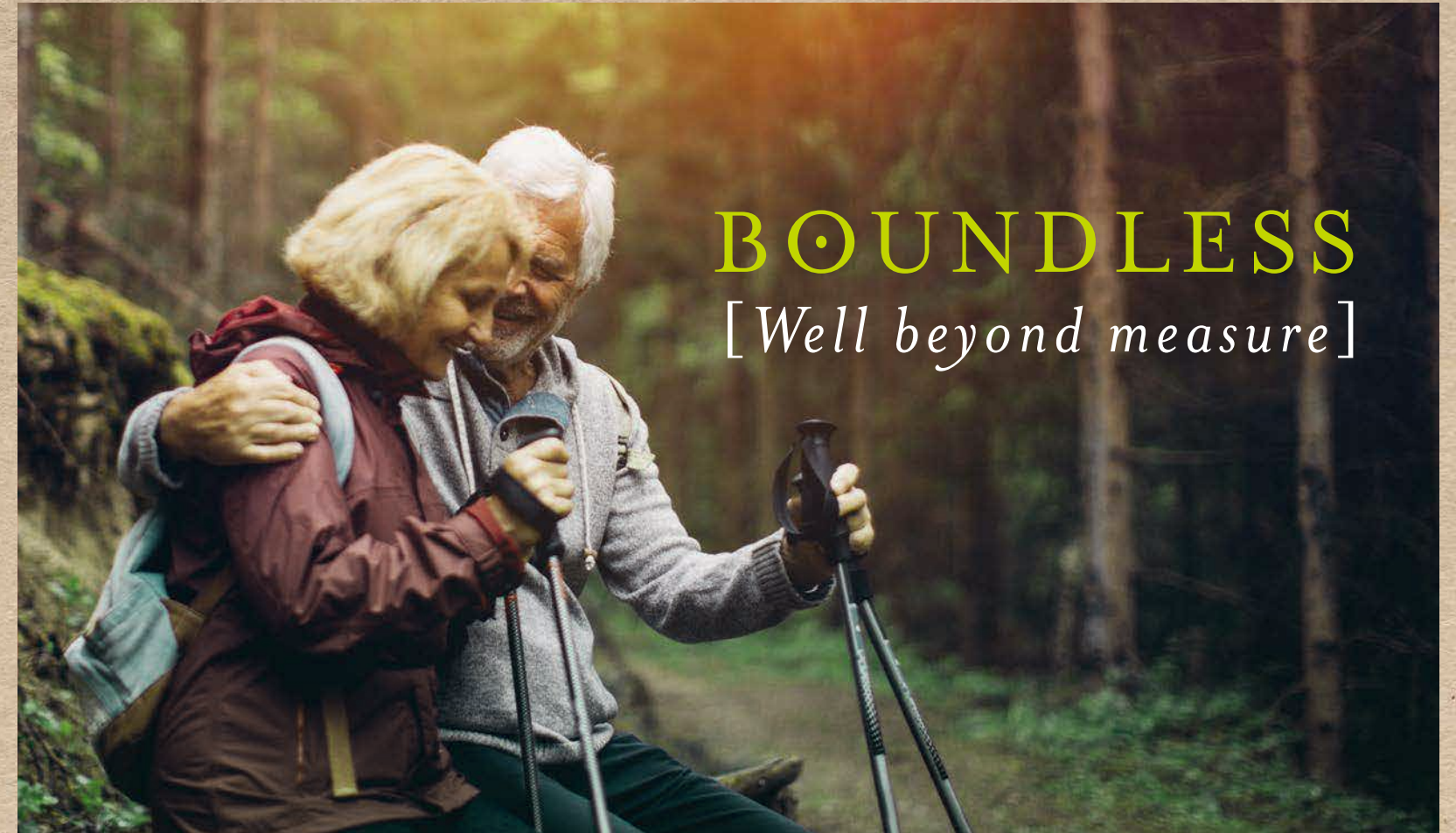




75 Great Pond Road | Simsbury, CT 06070  
McLeanCare.org | 860-658-3700



A McLean wellness program





# BOUNDLESS

*[Well within your nature]*



Philosophers for thousands of years have struggled to define what it really means to be happy, what it really means to be well. At McLean, we believe it cannot be confined to a few short words. To us, true wellness is Boundless.

Based on seven dimensions of wellness – the emotional, physical, intellectual, social, vocational, environmental and spiritual – Boundless reaches far beyond treadmills and nutrition. Boundless is an intangible, holistic philosophy that breaks down barriers regardless of age or abilities. It opens our minds to new ideas and experiences. It fosters more meaningful relationships and a closer connection to our surroundings. It keeps us productive and satisfied – all to achieve a greater state of balance and harmony.

**BOUNDLESS IS TO FLOURISH.**



# 7 dimensions of wellness, benefits that are

# BOUNDLES



## 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, problem-solving 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.



## 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.



# 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

## VOCATIONAL

- 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

