

DIMENSIONS *of* WELLNESS

A Community Movement for Better Health

In collaboration with
Jefferson County Health Department • Lifetime Resources • Madison Senior Center • RSVP



MADISON SENIOR CENTER

208 West Main Street, Madison



FRIDAYS IN MAY

10:00 AM – 1:00 PM

WHAT TO EXPECT

Each Friday, explore a different area of wellness:



EMOTIONAL



ENVIRONMENTAL



PHYSICAL



SOCIAL



FINANCIAL



INTELLECTUAL



SPIRITUAL



OCCUPATIONAL



Meet local
organizations



Ask questions
& connect



Discover resources
for real-life
challenges



WEEK ONE FOCUS

Emotional & Environmental Wellness

Support for:

- Life transitions
- Caregiving
- Isolation & connection
- Adjusting to change
- Finding balance in your environment



BRAIN HEALTH MATTERS

Your brain thrives when
your whole life is in balance!

Dimensions of Wellness
supports brain health by:



Reducing stress
(emotional wellness)



Creating calm, supportive
environments
(environmental wellness)



Encouraging movement
(physical wellness)



Staying socially connected
(social wellness)



Keeping your mind active
(intellectual wellness)



Finding purpose
(spiritual & occupational wellness)

Simple Truth:

Care for the whole person →
Strengthen the brain



JOIN THE MOVEMENT

Help us make Jefferson County a
healthier, more connected community—together.

Come as you are. Stay as long as you like.

Questions? Contact RSVP



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JEFFERSON COUNTY
HEALTH DEPARTMENT

Prevent. Promote. Protect.



Lifetime
RESOURCES

Promoting Independence



MADISON
SENIOR CENTER

Enrich. Engage. Empower.



RSVP

Lead with Experience.