

# HAPPY & HEALTHY



## A Broad View of Wellness for a Healthy, Happy Life

Although we use the word "health" often, true wellbeing encompasses more than our physical body. Movement, nutrition, social connections and self talk, sleep and stress management, as well as financial stability all impact our overall wellness. Just as a balanced diet is needed for optimal nutrition, balanced wellness engages the body, mind, and nurtures the spirit.

This multi-dimensional approach to health and happiness emphasizes the importance of positivity and eternal motivation for promoting wellness habits to improve one's quality of life.

As you look to improve your health and/or happiness challenge not only your body, but your mind as well. Be open as you explore wellness resources, and consider how small shifts can add up to big change in the end. Wellbeing is unique to you, and is about making your own personal moves toward a brighter future.



**Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.**

- Laurette Gagnon Beaulieu

## MAKING MOVES FOR BETTER HEALTH