





SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SPECIAL EVENTS			
<div>8 Dimensions of Wellness</div> <div>Health and wellness means having a balanced life rich in vitality and well-being. To assist our residents in achieving a healthier and happier lifestyle, we provide programming that focuses on 8 Dimensions of Wellness:</div> <div>Physical Environmental Vocational Intellectual</div> <div>Social Spiritual Emotional Health Services</div> <div>For the month of February we will be focusing on Vocational Wellness. These activities are marked with an asterisk.</div>				<div>This month we are traveling to</div> <div></div> <div>Join us as we explore the many different cultural regions from around the world each month. If you have any photos or experiences that you would like to share with the residents during a month please contact the Director of Life Enrichment.</div>						<div>HAPPY BIRTHDAY</div>							
						1		2		3		4					
5		6		7		8		9		10		11					

FEBRUARY 2023

Engaging Wellness

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SPECIAL EVENTS	
12		13		14		15		16		17		18			
19		20		21		22		23		24		25			
26		27		28											
<div><div>Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.</div><div>Managed by  Life Care Services® </div></div>															