

# Way of Wellness

## Life Enriching Communities

Life Enriching Communities (LEC) strives to provide exceptional everyday experiences and wellness opportunities for residents and associates across all campuses.

### Physical Wellness

Keep your body active and nourished with nutritional dining experiences, exercise classes, and healthcare services.

### Social Wellness

Connect with the people around you through regularly scheduled events, committees, pet-friendly spaces, guest venues, and resident portal.

### Vocational Wellness

Share your skills and talents by engaging with volunteer opportunities, local organizations, and the community.



### Spiritual Wellness

Connect to something greater than yourself in worship services, pastoral care, and meditative spaces.

### Emotional Wellness

Nurture your emotions and embrace a fulfilling, balanced life through creative classes and support groups.

### Intellectual Wellness

Stimulate your mind with clubs, guest speakers, lectures, libraries, and technology resources.