



**THE WAY**  
*of Wellness*

Copyright © 2024 Life Enriching Communities. All Rights Reserved.

Contact:  
Life Enriching Communities  
6279 Tri-Ridge Boulevard, Suite 320, Loveland, Ohio 45140  
(513) 719-9510 | [lec.org](http://lec.org)

# THE WAY *of Wellness*

## at Life Enriching Communities

Wellness is the active pursuit of activities, choices, and lifestyles that lead to holistic health and optimal function within your current environment. Dr. Bill Hetler, co-founder of the National Wellness Institute (NWI), created a model for organizations to curate services and resources called the Six Dimensions of Wellness, which are **physical, spiritual, emotional, intellectual, vocational, and social.**

Life Enriching Communities (LEC) is committed to upholding and expanding the Way of Wellness across all our senior living communities to provide exceptional everyday experiences for residents and associates. As a not-for-profit senior living organization that offers a continuum of care, we thrive when we exercise all forms of wellness.





# PHYSICAL WELLNESS

The physical way of wellness includes a well-balanced diet, exercise, and sleep, which leads to reduced risk of illness, and maintaining our highest degree of independence. Physical wellness involves keeping your body active and nourished in a way that is accessible and enjoyable.

## LEC is committed to promoting physical wellness through:

- **Nutrition:** Our dining services and nutrition experts provide many opportunities to expand your palate. We focus on health-conscious meals that feature fresh ingredients, provide various options for those following specialized diets, and offer nutrition education and cooking workshops.
- **Exercise:** We employ certified fitness professionals, offer a variety of exercise classes and gym access for all levels of fitness, and offer outdoor programs for fresh air and sunlight.
- **Healthcare:** When injury, illness, or surgery results in a loss of independence, our skilled nursing and therapy services are here to help you get back to doing the things you love as quickly as possible.
- **The Outdoors:** Our outdoor properties, walking paths, and green spaces offer the opportunity to exercise, reduce stress, and get fresh air and sunlight.



# SPIRITUAL WELLNESS

The spiritual way of wellness focuses on being connected to something greater than yourself and adhering to values that guide your actions. Spiritual wellness can mean different things to different people, such as experiencing a sense of peace and calm through meditation or finding joy and purpose through religious expression.

## LEC is committed to promoting spiritual wellness through:

- Opportunities to experience nature and practice meditation and mindful exercise through yoga or tai chi
- Providing pastoral care, chaplain services, and religious guidance
- Welcoming people of all faiths and backgrounds
- Offering spiritual support at any time





# EMOTIONAL WELLNESS

The emotional way of wellness represents the importance of maintaining balance in life, managing stress levels, and finding joy and fulfillment every day. Emotional wellness involves identifying and responding to the feelings of yourself and others.

**LEC is committed to promoting emotional wellness through:**

- Artistic endeavors and events
- Opportunities to learn and expand skill sets
- Programs to promote mental health
- Support groups for caregivers



# INTELLECTUAL WELLNESS

The intellectual way of wellness involves engaging in creative pursuits and intellectually stimulating activities to keep minds alert and interested. Intellectual wellness involves learning, problem-solving, and challenging yourself.

**LEC is committed to promoting intellectual wellness through:**

- Educational opportunities, classes, and speakers
- Clubs, groups, lectures, and libraries
- Technology access and support





## VOCATIONAL WELLNESS

The vocational way of wellness is the satisfaction and fulfillment that comes from offering, developing, and exercising one's skills and talents in any activity. Vocational wellness involves occupational, career, community, and domestic duties that enhance everyone's daily life.

**LEC is committed to promoting vocational wellness through:**

- Volunteer opportunities in events and programs, civic organizations, and local schools
- Providing various activities that support resident talents or skills
- Encouraging residents to share their knowledge with others



## SOCIAL WELLNESS

The social way of wellness is the ability to relate to and connect with friends, family, and strangers. Social wellness involves communicating with others near and far, which has proven benefits to mental health and memory.

**LEC is committed to promoting social wellness through:**

- Regularly scheduled events for all residents to attend, such as happy hours, game nights, and special interest clubs
- Guest and social spaces for residents to invite loved ones to visit
- Various groups and committees to join
- Resident portals and newsletters to stay up to date with the community
- Pet-friendly spaces



**At Life Enriching Communities (LEC), we're committed to ensuring patrons feel well-equipped to plan their future and age how they wish. Explore more resources on senior living or contact us today to learn more about our legacy of services and programs that bring meaning and purpose to every stage of life.**

# Way of Wellness Goals

Write your goals to fulfill each Way of Wellness in your life.



**Physical**

Notes:



**Emotional**

Notes:



**Vocational**

Notes:



**Spiritual**

Notes:



**Intellectual**

Notes:



**Social**

Notes:





**Life Enriching Communities** owns and operates six senior living communities (CCRCs)...

### **CINCINNATI AREA**

Twin Towers, College Hill: **513-853-2000**

Twin Lakes, Montgomery: **513-247-1300**

Confident Living, Tri-State Area: **513-719-3522**

### **CLEVELAND AREA**

Concord Reserve, Westlake: **440-961-3700**

### **COLUMBUS AREA**

Wesley Glen, Clintonville: **614-888-7492**

Wesley Ridge, Reynoldsburg: **614-759-0023**

Wesley Woods, New Albany: **614-656-4100**

Wesley Hospice, Central Ohio: **614-451-6700**



**For additional resources, visit us online at [lec.org](http://lec.org).**