

The Model for Healthy Living



Faith Life



Building a relationship with God,
your neighbors, and yourself

Movement



Discovering ways to enjoy physical activity.

Medical



Partnering with your healthcare provider
to manage your medical care.

Work



Appreciating your skills, talents, and gifts.

Emotional



Managing stress and understanding your feelings to better care for yourself.

Nutrition



Making smart food choices and developing
healthy eating habits.



Giving and receiving support through relationships.