

Model for Healthy Living



Faith Life

Building a relationship with God, your neighbors, and yourself.



Medical

Partnering with your healthcare provider to manage your medical care.



Movement

Discovering ways to enjoy physical activity.



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.



Friends & Family

Giving and receiving support through relationships.