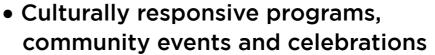
SEVEN DIMENSIONS OF WELL-BEING

CULTURAL



- Visual and performing arts
- Spiritual connection





- Inclusive and welcoming spaces
- Social and intergenerational connections
- Connection to community







- Jobs, increased property value, and capital and operational expenses
- Mentoring and workforce development
- Connections to social services and resources

PHYSICAL

- Safe spaces for physical activity and recreation
- Healthy food, chronic disease management and health education
- Healthcare services



EMOTIONAL

- Mindfulness programming and calming spaces
- Staff training and workplace well-being
- Partnerships with mental and behavioral health service providers

INTELLECTUAL

- Accessible, high-quality out-of-school time and older adult programs
- Educational and enrichment programming
- Lifelong and multi-generational learning and experiences



ENVIRONMENTAL

- Stewardship in green spaces and and natural habitats
- Environmental resilience and sustainability practices
- Access to the outdoors