

# HEALTH & WELLNESS SERVICES

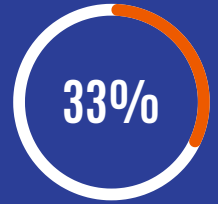
WELLNESS RESOURCES FOR EVERY LIFE STAGE



## Obesity: The Next Epidemic



On average one out of every three adults in the United States is obese.  
Source: Harvard 2020



That's thirty-three percent!

The mind and body are inextricably related as physical health and mental wellbeing are both important dimensions of wellness. Diet, sleep, and exercise are well-known variables that contribute to our overall physical health and mental wellbeing, however, there are other important elements that impact wellness including relationship health, emotional health, and self-care. Without the right tools, the path to a healthier lifestyle can seem out of reach.

Finding age-appropriate, evidence-based information to support your health and wellness journey can seem overwhelming, but it doesn't have to be. Learn how to design your own age-appropriate exercise programs, what to shop for at the grocery store, how to find the right supplements, the practice of self-care, ways to strengthen your emotional health, and how to set boundaries and improve your interpersonal relationships at any age or life stage.

### A MULTIDIMENSIONAL, HOLISTIC APPROACH TO HEALTH & WELLNESS



Self-Care



Nutrition



Exercise



Emotional Health



Relationship Health



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