8 Dimensions of Wellness

- **EMOTIONAL**
  - Coping effectively with life and creating satisfying relationships

- **SOCIAL**
  - Developing a sense of connection, belonging, and a well-developed support system

- **INTELLECTUAL**
  - Recognizing creative abilities and finding ways to expand knowledge and skills

- **FINANCIAL**
  - Satisfaction with current and future financial situations

100% of participants agree that LifeWays Wellness Programs are helpful in their desire to be healthy and help them achieve their goals!

"I'm proud of being a part of something. I've met some new and awesome friends in the program." - Georgia

---

**Contact Us**

**Jackson Location**
1200 N West Ave
Jackson, MI 49202
Phone: 517.789.1200
Hours: Monday-Friday 8am-7pm

**Hillsdale Location**
25 Care Dr
Hillsdale, MI 49242
Phone: 517.439.2641
Hours: Monday-Friday 8am-6pm

24-Hour Crisis Line: 1.800.284.8288
Customer Services: 1.866.630.3690

Podemos proporcionar servicios para usted en su idioma. Por favor, llame al 517.789.1200.

---

**LifeWays Prevention & Wellness Programs**

LifeWays Prevention & Wellness Programs support the connection between mental health and physical health to boost your overall wellness.

---

**Follow us**

@LifeWaysCMH
This 8-week program focuses on nutrition and exercise for healthy living. This class requires registration for the whole course. Weekly attendance is important for success.

This program begins with an educational wellness class followed by a fitness class. Lunch is provided. A new session starts every 4 weeks.

Lunch is provided. A new session starts every 4 weeks.

LifeWays offers weekly stress less events including music therapy and art classes to reduce stress. Each class is different. This is a drop-in class. Registration is not required.

This weekly walking club, open to the public, meets in spring, summer and fall throughout Jackson!