

What is Wellness?

Wellness is the process of learning about and then making choices to create a healthier lifestyle. It is not necessarily the absence of disease. It is the process of attaining the highest quality of life possible. Wellness is multi-dimensional and holistic. It incorporates all aspects of our lives: the physical, mental, emotional, and spiritual. Good nutrition, regular exercise, stress management, and a sense of self-worth are all elements of a wellness perspective. Yet wellness is not a goal to be achieved. It is a lifelong process.