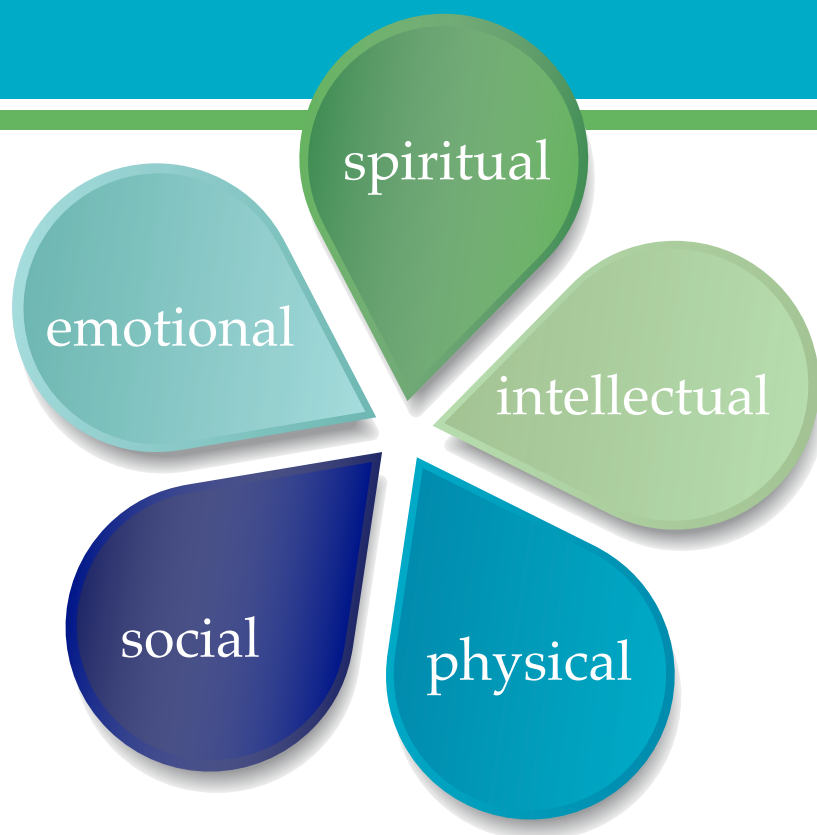


Enhancing Tranquility



Enhancing Tranquility is not a program— it is a lifestyle. The basis of this lifestyle is to bring the five petals of wellness together for a more balanced, fulfilling and tranquil life.

Five Petals of Wellness

An interactive process of becoming aware of and practicing strategies to create a more successful and balanced lifestyle.

PHYSICAL – Taking care of your physical health thru exercise | yoga, WiiFit, chair aerobics, dancing

EMOTIONAL – Exploring your intellect and understanding of a healthy range of emotions and feelings | music and senses, feelings gab group, watercolor feelings

SOCIAL – Participating in positive social relationships including friends, family, and community | charades, bingo, Pictionary®, karaoke

SPIRITUAL – Exploring meaning and purpose in your life to help in development of sense of self | devotions/spiritual readings, bell choir, meditation, Tai Chi

INTELLECTUAL – Stimulating mental activities that expand a person’s knowledge and skills | Jeopardy, Wheel of Fortune, tour of the world

