

Technology and wellness are leading change for the senior living industry. We believe that Life Plan Communities are well-positioned to become integrated wellness providers.

The 8 Dimensions of Wellness:

Social: Developing a sense of connection, belonging, and a well-developed social support system

Physical: Caring for your body and recognizing the need for physical activity, choosing a healthy diet and getting adequate sleep

Emotional: Managing your emotions in a constructive way; understanding and respecting your own feelings, values and attitudes; appreciating the feelings of others.

Spiritual: Discovering and expanding your sense of purpose and meaning in life

Intellectual: Maintaining a curiosity for learning; recognizing creative abilities and finding ways to expand knowledge and skills

Environmental: Discovering awareness of how your behavior impacts the earth and how the physical world impacts you; a commitment to a healthy and sustainable environment

Vocational: Developing a sense of your strengths, skills, values and interests for your career, mentoring or volunteer work

Financial: Understanding and planning for financial prosperity and legal security

We are excited to bring you WELLZESTA LIFE™, the first-of-its-kind wellness platform and software designed to engage residents and create a culture of wellness. To learn more, visit wellzesta.com.