



8 Dimensions of Wellness

SOCIAL



WEEK 8 - DAY 1

WORKSITE WELLNESS

"REMEMBER,
YOU DON'T
NEED A
CERTAIN
NUMBER OF
FRIENDS,
JUST A
NUMBER OF
FRIENDS YOU
CAN BE
CERTAIN OF."

-UNKNOWN



SOCIAL WELLNESS IS ...

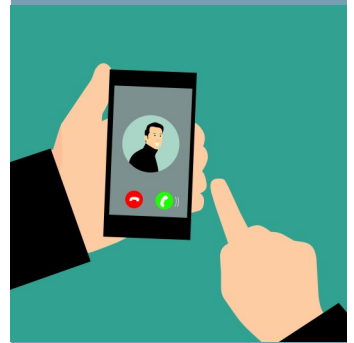
developing a sense of belonging,
connection, support system.



Click [here](#) for a video about
Social Wellness!

CHALLENGE:

CALL/ZOOM
A FRIEND OR
FAMILY
MEMBER!
PHONE CALLS
FOSTER
CLEAR COM-
MUNICATION
AND HELP
BUILD
STRONGER
RELATION-
SHIPS.



Presented by:

The Partnership
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL