



INTEGRATIVE HEALTH & WELLBEING

Integrative Health & Wellbeing focuses on the mind, body and spirit as a whole and uses your body's natural healing capacity.

As part of our PURPOSE Programming, we have prepared monthly focuses within this discipline to satisfy all six dimensions of our wellbeing model.



JUNE
Relaxation and Breathing



JULY
Aromatherapy



AUGUST
Tai Chi & Qigong



SEPTEMBER
Animal Assisted Therapies



OCTOBER
Yoga



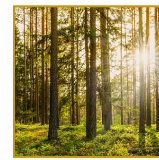
NOVEMBER
Gratitude



DECEMBER
Meditation



JANUARY
Energy Healing
(Reiki/Healing Touch)



FEBRUARY
Guided Imagery



MARCH
Massage



APRIL
Acupressure



MAY
Plant Based Therapies