

# Team Member Wellness Program

at Goodwin Living

Wellness@GoodwinLiving.org

## What Is Wellness at Goodwin Living?

From tuition assistance to custom e-learning, Goodwin Living offers programs and resources to help team members focus on seven dimensions of wellness. You may be using some of these tools already! Read below to learn more about each dimension.



### Intellectual Wellness

Brain health, critical thinking, creativity & curiosity

Example: Tuition Assistance



### Physical Wellness

Endurance, strength, flexibility, nutrition & safety

Example: Employee Meals



### Financial Wellness

Financial literacy, financial strength & financial planning

Example: Planning Workshops



### Communal Wellness

Environmental connection, & community engagement

Example: Composting



### Emotional Wellness

Managing behaviors & emotional awareness

Example: Mindfulness Workshops



### Spiritual Wellness

Purpose, life meaning, morals, ethics & religion

Example: Interfaith Prayer Spaces



### Social Wellness

Healthy relationships & meaningful activities

Example: Team Celebrations

## Upcoming Wellness Events

### November

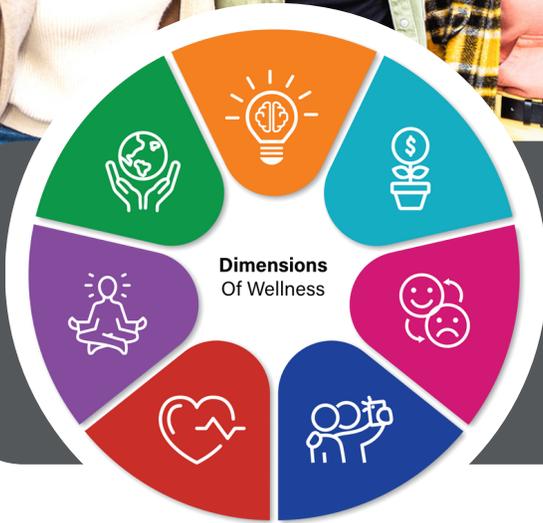
Pie Giveaway

### December

Team Member Celebrations

### January

SMART Goals



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## Join a Team Member Walking Group!

Each week, team members can meet on their campus and take relaxing, 15-minute walks with co-workers. This is a great opportunity to stay active and make friends! Whether you join us once a month or every week, we hope these walking groups support your physical and social wellness!

### **GHA**

Fridays at 12:30 p.m.  
Meet at reception

### **GHBC**

Fridays at 12:30 p.m.  
Meet at reception

### **TVA**

Fridays at 1:30 p.m.  
Meet at reception

**Scan the QR code to receive reminder texts  
about where to meet your group.**

