



Team Member Wellness Program

at Goodwin Living

Wellness@GoodwinLiving.org

What Is Wellness Advance Team Mission?

We use self-direct tools, team member support and holistic programming to make informed and deliberate choices for our ever-changing journey of life.



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: Donation Drive



Emotional Wellness
Managing behaviors & emotional awareness
Example: Meditation Sessions



Spiritual Wellness
Purpose, life meaning, morals, ethics & religion
Example: Interfaith Prayer Spaces



Social Wellness
Healthy relationships & meaningful activities
Example: Team Celebrations

Upcoming Wellness Events



March
Goodwin Living Dietitian Presentation



April
Earth Day Scavenger Hunt



May
Mental Health Awareness month