New Category 1 Event: Health and Wellness

Reimbursement: up to $500 for first event ($250 for event 2 and 3)

**Description:** An event that focuses on learning about and making choices toward a healthy and fulfilling life. The event should focus on one of the dimensions of health and wellness which include “Emotional, Career, Environmental, Financial, Intellectual, Creative, Physical, Social, and Spiritual.”

**Emotional Wellness:** The emotionally well person can identify, express and manage the entire range of feelings and would consider seeking assistance to address areas of concern.

**Occupational Wellness:** The professionally well person engages in work to gain personal satisfaction and enrichment, consistent with values, goals and lifestyle.

**Environmental Wellness:** The environmentally well person recognizes the responsibility to preserve, protect and improve the environment and appreciates the interconnectedness of nature and the individual.

**Financial Wellness:** The financially well person is fully aware of financial state and budgets, saves and manages finances in order to achieve realistic goals.

**Intellectual Wellness:** The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews and engage in education for the pursuit of knowledge.

**Creative Wellness:** The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.

**Physical Wellness:** The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, engages in exercise for 150 minutes per week, attends regular medical check-ups and practices safe and healthy sexual relations.

**Social Wellness:** The socially well person has a network of support based on interdependence, mutual trust, respect and has developed a sensitivity and awareness towards the feelings of others.

**Spiritual Well-being:** The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning and connection through dialogue and self-reflection.

Examples: Start a Walking/ Jogging club, Host a yoga event like “Yoga at Mapfre Stadium”, Host a Buckeye Smart speaker, start a book club focused on Health and Wellness.

❖ If you have questions or need clarification, please contact your Regional Engagement Officer