



Wellness Wheel

At the Urbana Park District we believe in being inclusive of everyone's wellness goals!

The goal of our programming is to increase awareness of positive health behaviors, to motivate our community to voluntarily adopt healthier behaviors, and to provide opportunities and a supportive environment to foster positive lifestyle changes. **You Belong Here!** Join us at one of our many programs depicted in the eight dimensions of the Wellness Wheel.

Physical Wellness: Pursuing regular movement, a nutritious diet, adequate sleep, and practicing safe behaviors.

Move MS programming provides physical and social wellness opportunities for individuals with Multiple Sclerosis. We have done modules on functional exercise, Pilates, yoga, and Zumba. This program is a partnership with Dr. Brynn Adamson.



Intellectual Wellness: Seeking to expand knowledge, skills, and creative abilities.

Participate in **"Wellness Workshops"** from our Brain Teasers & Treats: Game Night we did in partnership with The Urbana Free Library.



Emotional Wellness: Possessing a positive attitude and the ability to identify and express a wide variety of feelings in an appropriate manner.

Reduce tension and conflict when you learn new tools that promote open communication and cooperative problem-solving in our **"Conflict Resolution"** workshop.



Spiritual Wellness: Expanding our sense of purpose and meaning in life based on a core set of values and beliefs.

Relax during our **"Candlelight Concentration"** from our Candlelight Concentration workshops at the Lake House in Crystal Lake Park. These focused on mindfulness and meditation.



Environmental Wellness: Choosing a lifestyle of committed effort toward sustaining the Earth's natural environment.

Enjoy a "Sensory Walk" from Savannah's Forest Bathing/Shirin Yoku programs.



Financial Wellness: Making responsible decisions to live within your means and setting financial goals today that will positively impact your financial future.

Learn from financial professionals about more budgeting, spending habits, and more during our "Financial Wellness" workshops.



Occupational Wellness: Engaging in work that is meaningful, enjoyable, and aligns with personal values.

Be prepared and feel confident in your job search after participating in our "Crafting a Resume and Cover Letter" workshop and "Interview Prep" workshop.



Social Wellness: Establishing a sense of connection and belonging through positive interpersonal relationships.

Enjoy "Mocktails" in a social wellness workshop with a local artist called 'Mocktails & Masterpieces' where participants were taught how to paint their own wine glasses and learned a few recipes for healthy mocktails.



You Belong Here!

Wellness is an active, lifelong process of developing self-awareness and making decisions that will help you to live a more balanced and fulfilling life. Participate in a variety of programs, parks, and special facilities that contribute to the eight dimensions of wellness at the Urbana Park District.

Register for a program today at www.urbanaparks.org.