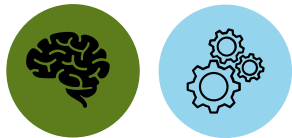


Aging Well

Using The 8 Dimensions of Wellness to Increase Happiness and Well-Being



FREE Webinar

Wellness is an all-encompassing term. Individual health may be broken up into different categories, known as the 8 Dimensions of Wellness. To age well, it is important to pay attention to each dimension. No dimension needs to have perfect health, but if one dimension is severely lacking, that can have a big effect on our health. Invite your friends and join us to learn more about the 8 dimensions and what you can do to improve your health and age well!

Presenter: Jill Renken

Executive Director, Certified Health Education Specialist
Wisconsin Institute for Healthy Aging (WIHA)

April 15, 2024
2-3pm

[Register Here](#)