



**CFAES**

W E L L B E I N G

OSU Extension / Franklin County / Senior Series

## Incorporating the 7 Dimensions of Wellness into Daily Life

How do you focus on wellness in today's changing world? The COVID-19 pandemic has shifted our daily routines, social lives, and how we interact with our environments. It is important to adapt our daily life to focus on improving our wellbeing, but this can be challenging. Join the OSU Extension, Franklin County Senior Series for a virtual workshop series, learning how to incorporate wellness into your daily routines.

We will explore the Seven Dimensions of Wellness including physical, emotional, intellectual, social, spiritual, environmental, and occupational. Each session will include discussion, engaging activities and resources to take home.

**Tuesdays and Thursdays**

**February 2 - April 1**

**1:00-2:00 P.M.**

**REGISTER by January 29<sup>th</sup>:**

**[go.osu.edu/7dimensions](https://go.osu.edu/7dimensions)**

**Audience:** Older Adults (age 60+)

**Requirements for the class:** Computer or smartphone with Zoom capabilities and internet access

**Location:** Zoom

**Contact information:** [salyersr@uindy.edu](mailto:salyersr@uindy.edu) or [sweeney.400@osu.edu](mailto:sweeney.400@osu.edu)

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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