

e-Programs

Wellness Goal Areas at HHC

The Wellness Model provides a holistic approach to goal achievement while empowering individuals to self direct their services based on interests and personal importance. All curriculum developed for Community Day Services connects directly back to some, or all, of the following wellness areas.

Physical	Promoting proper care of our bodies through exercise and physical fitness, diet and nutrition, proper hygiene and relaxation techniques.
Emotional	Inspiring self-care, relaxation, stress reduction and inner strength through personal development, self -advocacy, communication and meditation.
Vocational	Finding personal fulfillment through employment, volunteering or exploring career paths within the local community.
Personal	Discovering awareness and making choices toward personal goals for wellness through exploration in leisure activities, travel, budgeting and independent living.
Intellectual	Participating in cultural and community activities to expand skills and knowledge through continued learning opportunities.
Social	Building healthy and supportive relationships as well as fostering a genuine connection with those around you through facilitated opportunities with your peers.