



## for Wellness!

The REACH program at Cypress Cove offers a wide variety of programs and events to help ensure whole person wellness. This is just a sampling of regularly scheduled wellness topics.

<p><b>JANUARY</b> Reach for New Goals Month Dimension Focus: <i>All Dimensions</i></p>	
<p><b>FEBRUARY</b> Heart Smart Month Dimension Focus: <i>Physical</i></p>	
<p><b>MARCH</b> Eat Well, Be Well Month Dimension Focus: <i>Medical/Nutritional</i></p>	
	<p><b>AUGUST</b> Around the World in 31 Days Month Dimension Focus: <i>Education</i></p>
<p><b>APRIL</b> Unity in Our Community Month Dimension Focus: <i>Community</i></p>	<p><b>SEPTEMBER</b> Express Yourself Month Dimension Focus: <i>Emotional</i></p>
<p><b>MAY</b> Laughter for Your Soul Month Dimension Focus: <i>Emotional</i></p>	<p><b>OCTOBER</b> Train Your Brain Month Dimension Focus: <i>Cognitive</i></p>
<p><b>JUNE</b> S.O.S. (Safe or Sorry) Month Dimension Focus: <i>Educational</i></p>	<p><b>NOVEMBER</b> Nurture Nature Month Dimension Focus: <i>Community</i></p>
<p><b>JULY</b> This is U.S. Month Dimension Focus: <i>Social</i></p>	<p><b>DECEMBER</b> Spiritual Well-Being Month Dimension Focus: <i>Spiritual</i></p>