

WEDNESDAY WELLNESS BY THE WATER

Drop in, no pre-registration required. Come to one, or come to all. Bring a friend or make one!

9:15 a.m. – registration, location:
Grosse Pointe Academy
171 Lake Shore Road
Grosse Pointe Farms, MI 48236

July 18, 25
August 1, 8, 15 and 22

9:30 a.m. 8 Dimensions of Wellness
 Lakeside Parlor of 1880 building

9:50 a.m. Nia dance movement
 Academy Lakeshore lawn.
 In case of rain, we will do indoor movement as space allows.

10:10 a.m. Walk from Grosse Pointe
 Meet at Academy Lakeshore driveway and walk up Lakeshore to Moross and back.



WHAT ARE THE 8 DIMENSIONS OF WELLNESS?

Physical – Recognizing the need for physical activity, healthy foods and sleep.

Intellectual – Recognizing creative abilities and finding ways to expand knowledge and skills.

Financial – Satisfaction with current and future financial situations.

Spiritual – Expanding a sense of purpose and meaning in life.

Social – Developing a sense of connection, belonging, and a well-developed support system.

Emotional – Coping effectively with life and creating satisfying relationships.

Environmental – Good health by occupying pleasant, stimulating environments that support well-being.

Occupational – Personal satisfaction and enrichment from one’s work.

WHAT IS NIA DANCE MOVEMENT?

Nia dance cardio fitness includes mindful movement guidance taught to music, including pop, jazz, Latin, new age and hip hop. It employs basic movements and techniques of jazz, modern and Duncan Dance styles, tai chi, tae kwon do and aikido, and the body-mind healing arts of Feldenkrais Method, Alexander Technique and Yoga.

