

2019 Community Health & Wellness Day

Acceptable Vendors

We ask our vendors to be related to health, wellness, safety, and/or family activities. The 8 Dimensions of Wellness are a great resource for vendor selection, but we are open to ideas and suggestions. Here are some of the areas we feel would be appropriate:

- Physical Activity- Hiking, Canoeing, State Parks, Bird watching, etc....
- Children's programs- recreation, cheer, gymnastics, dance, sports, etc...
- Family Activities- arts, crafts,
- Farmer's Market - Sell fruits, veggies, healthy foods, honey, vitamins, supplements, essential oils, homemade soaps, etc...
- Physician offices – screenings, educational material, etc.
- Job Fairs and employment
- Financial education
- Stress management
- Chiropractic Care and Massage Therapy
- Nonprofits and missions
- Churches- spiritual health
- City Department Education, Police, Fire Department, EMS
- Social Groups
- Disease Management
- Weight Management
- Whole foods, cooking, demonstrations, meal prepping, recipe.



8 Dimension of Wellness

1. **Physical** – Recognize the need for physical activity, healthy foods and sleep to maintain a healthy quality of life.
2. **Occupational** – Establish satisfaction at work.
3. **Social** – Connect and belong to your family and community.
4. **Intellectual** – Become a life-long learner. Expand your knowledge and skills.
5. **Spiritual** – Maintain a sense of purpose and meaning of life.
6. **Emotional** – Learn to cope with the ups and downs of life.
7. **Environmental** – Accept responsibility for the quality of air, water and the land in our community.
8. **Financial** – Plan for future financial situations.