



The Dimensions of Wellness Program aims to help individuals with disabilities to be active in their community post COVID-19.

*A collaboration between North Jersey Friendship House and Heightened Independence & Progress*

## Dimensions of Wellness Program

- **When?** Monday to Thursday from 4:00 PM - 7:00 PM
- **Where?** 125 Atlantic Street in Hackensack as well as in the community
- 12 week cycle
- **\*\*Transportation will be provided if needed, within a 5 mile radius**

## Program Components

*Focus on wellness as a whole*  
*Meal planning*  
*Group therapy*  
*Community outings*  
*Cooking and group dinners*



# Your Wellness Matters



Social



Physical



Occupational



Intellectual



Emotional

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at no cost to the participant**