



We are all in this together. We are navigating unprecedented times. Follow our [Facebook page](#) for daily uplifting messages, recipes, activities to do with kids, at home workouts, and stress relief.



Vitality Wellness is **creating community well-being and promoting healthy lifestyles**. The goal is to provide programs, services and amenities designed to support well-being through the six dimensions of wellness. Click on the image to learn more.

Focusing on Dimensions



Physical: enhance your self-esteem, self-control, determination, and stronger sense of personal empowerment.

- Move your body every day!
- Aim for 30 minutes per day.

Ideas: Walking, yoga, bodyweight movement (squats, push-ups, dips, lunges, bridges). Click on the links below for more

- [Kids Yoga](#)
- [At Home Workout](#)
- [Latin Dance Workout](#)

Occupational: gain personal satisfaction and find enrichment in life through our work. Your attitude is critical for development and happiness.

- What are your unique gifts, skills and talents?
- How can you bring those to life in the present moment?
- Can you teach others how to use Zoom to stay connected?
- Host a virtual "happy hour" with coworkers.



Social: contribute to your environment and community to emphasize the connection we have between others and nature.

- Enhance your personal relationships by keeping in touch with friends and family.
- Practice social distancing by connecting through Facetime, Snapchat, Skype, Zoom, or a good old-fashioned phone call!
- Schedule time to check in every week!



Intellectual: encourages continuous learning, problem solving and creativity. Open your mind to new ideas and experiences that can be applied in your life.

- Share your knowledge and skills with others.
- Show your kids something you are good at and teach them how, share your talents on social media, make a "how-to" on a topic that you are good at and share it!
- Reach out to us to have your video featured on Vitality Wellness's Facebook page!



Spiritual: focuses on the 'bigger picture' of life. It allows us to find meaning in life events and in our life purpose.

- Take time to explore your inner self and who you truly are.
- Designate time in the morning to sit in silence and focus on your breath.
- Journal out what you are grateful for.



Emotional: empowers us to be aware of and accept our feelings, have an optimistic view on life, and enjoy life despite the challenges we may face.

- Set priorities and healthy boundaries.
- How are you managing your time? Are you carving out space to focus on yourself or are you giving it all away to others?
- Make a calendar of your 'must-dos' for the day and knock those out first.
- Schedule in time for YOU! Do what brings you joy—a few examples... Take a bath, Dance, Read a book, Meditate, Move your body



COVID-19 (coronavirus) is a global pandemic and a national emergency. Vitality Wellness remains closed until further notice. For CentraCare COVID-19 information, click [here](#).



Facebook Event

[2020 Vision](#)

April 8, 2020, Noon-12:30 p.m

One simple, but powerful, way to call in your desires are through Vision Boards! When created through intention and clarity, you tap into your subconscious mind to imprint your desires into your daily thoughts and visions of the future. [RSVP here](#)



Vitality Reflections

by Katie Baier

Life is funny isn't it? The moment we seem to "have it all figured out" another curveball is thrown and... strikeout. Schools are online, our favorite places are closed, friends and family are out of reach, and baseball is cancelled (and all other sports for that matter).

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CC Vitality is seeking a **PERSONAL TRAINER!** If you are one or know someone interested please contact Vitality Wellness 320-732-7234 or [email](#) us!

Contact [Misty Lemke](#), Communications & Marketing

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