



This is your home. Frasier Meadows wants to empower you to live a vital, healthy life in our community. We utilize a program, **Vitalize 360**, to support your aspirations for a healthy, meaningful life.

What is Vitalize 360?

Vitalize 360 is a program that offers an innovative approach to wellness by combining person-centered guidance with a scientifically-based assessment system. The approach aims to engage, challenge and inspire you, as a Frasier Meadows resident, to live a full, healthy, and vibrant life.

The program emphasizes individual conversations with a personal coach. Your guided conversation will include questions that pertain to **the Seven Dimensions of Wellness**, which include Physical, Emotional, Intellectual, Social, Spiritual, Environmental, and Occupational wellness.

As a participant in this program, you will receive a coaching summary that outlines what is “working” for you and will address areas that may be enhanced through our community programs and services. With the assistance of your Vitalize 360 coach, you will develop a **Healthy Aging Plan** that outlines specific goals and action steps for the coming year. Your **Healthy Aging Plan** will serve as a tool for you to evaluate how you are meeting your dimensions of wellness as part of Frasier Meadows and your outside community.

Vitalize360’s Core Aspirational Tenets are the basis for cultivating healthy living. These tenets are:

- 1. Real empowerment begins with the individual***
- 2. Optimizing delight within one’s life fosters wellness***
- 3. Community support enhances an activated lifestyle***
- 4. Outcome data are critical to measuring success***

Frasier has endorsed **Vitalize 360** as a means to encourage and support well-being while assisting our residents to live a vibrant and independent life. The goal of the program is to empower you to live your BEST life as well as to foster successful aging in our community.

Our certified **Vitalize 360** coaches look forward to meeting you and welcoming you to the Frasier community!