

# HEALTH AND WELLNESS

## COMMUNITY SERVICE PROGRAM



2024-2026 GFWC CLUB MANUAL

### **"THE POWER OF COMMUNITY TO CREATE HEALTH IS FAR GREATER THAN ANY PHYSICIAN, CLINIC OR HOSPITAL" MARK HYMAN, M.D.**

The "Wellness Wheel" first came about in the late 1970s as the brainchild of Dr. Bill Hettler. His principle was that we can live healthier, fuller, and better lives by being attentive to our balance and awareness in various areas of our lives. The original model, known as the "Six Dimensions of Wellness," contained 6 different sections that relate to a certain aspect of life. This visualization helps to focus on these facts and allows us to see how each is connected and how they, in turn, can affect overall health.

This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas:

- Disease awareness and prevention involves understanding the causes, symptoms, and ways to prevent diseases, including social determinants and health inequity. This includes screenings, vaccinations, and sharing information.
- Nutrition is a key element in the quest for good health. Wise food choices, proper usage of vitamins and supplements, and food allergy awareness help maintain a healthy lifestyle free of weakened conditions and chronic illness.
- Physical and emotional care encompass behaviors to manage a healthy body, mind, and spirit throughout life. This includes physical, intellectual, emotional, spiritual, environmental, and social well-being.

A few facts from the Centers for Disease Control and Prevention include:

- The risk of heart disease and stroke, two of the leading causes of death in the United States, can be reduced with moderate-intensity aerobic activity.
- Over 60 million women (44%) in the United States have some form of heart disease. Heart disease is the leading cause of death for women at any age. In 2021, it was responsible for the deaths of 310,661 women – about 1 in every 5 female deaths. Research has shown that only about half, 56% of US women, recognize heart disease is their number 1 killer.
- The average number of stroke deaths is higher among females than males every month.
- Alzheimer's Disease or Dementia? Dementia is an overall term for a particular group of symptoms. Alzheimer's disease is one cause of dementia.
- A regular fitness regimen can also reduce your risk of developing type 2 diabetes and several cancers such as bladder, breast, colon, and lung, and heart disease and strokes.
- As we age, physical activity can slow the loss of bone density, reduce the risk of falling, and help with arthritis and other rheumatic conditions affecting the joints.
- Regular physical activity helps to keep your thinking, learning, and judgment skills sharp and reduces your risk of depression and anxiety and helps you sleep better.
- 150 minutes of physical activity a week can reduce and lower your risk for these diseases. The good news is that moderate physical activity, such as walking, is generally safe for most people.



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Direct any questions regarding projects that do not involve GFWC Affiliate Organizations to the Health and Wellness Community Service Program Chairman or GFWC Programs Department at [Programs@GFWC.org](mailto:Programs@GFWC.org).