

Areas of Wellbeing	Supporting Institutions
Physical Fitness (those things which contribute to the care of our bodies and potential long life)	Parks & Recreation, Gyms, Hospitals, doctors, dentists, vision care, grocery stores, restaurants, fruit & vegetable stands and gardens, gymnastics, dance, karate, school athletic programs, other sport offering (pools, golf, ball fields, playgrounds, etc), relevant nonprofits
Mental Clarity (those things which contribute to our ability to think clearly and sensibly/to employ reason/to deal with obstacles and loss)	Mental Health Facilities, Counseling Centers, Support Groups (AA, abuse recovery), relevant nonprofits
Social/Interpersonal Relationships (those things which contribute to our ability to positively interact with others physically and emotionally /to feel a sense of belonging/to give and receive support)	For-profit 3 rd places, Community Centers, Counseling Centers, Clubs/Organizations/ Programs for Children, Youth, Single Parents, Families, Senior Citizens, Disabled, Stay-At-Home Parents, Mentoring Programs, student clubs & organizations, church youth groups, relevant nonprofits
Introspective Reflection (those things which contribute to the health of our inner self— purpose, goals, satisfaction level/to spiritual connections)	Churches, Public Parks, Sidewalks, Community Gardens, yoga, meditation, relevant nonprofits
Environmental Security & Responsibility (those things which contribute to safety, visual appeal, and life-sustaining resources)	Public transportation, fire stations, police stations, public parks, public sidewalks, farms, ranches, community gardens, neighborhood watches, EPA, hardware stores, nurseries, Homeless Shelters/ Hospitality, recycling centers, relevant nonprofits
Intellectual Growth (those things which contribute to our knowledge and know-how base—formal and informal)	Daycares, pre-schools, K-12 schools, post-secondary institutes, libraries, museums, park & recreation programs, book stores, high speed Internet access, relevant nonprofits
Fiscal Management & Stability (those things which contribute to our ability to manage and plan for economic stability)	Banks, credit unions, tax attorneys, accountants, bookkeepers, financial consultants, relevant nonprofits

