

Vibrant Living AT SUN HEALTH

A holistic approach to wellness and community

At Sun Health, we believe every stage of life should be filled with vitality, connection and purpose. Vibrant Living brings that belief to life through a research-based, whole-person approach designed to help residents and members thrive across eight dimensions of wellness.



Physical Wellness

Strength for Today, Energy for Tomorrow

Stay active and independent with personalized fitness plans, nutrition guidance, and support for chronic conditions.



Emotional Wellness

Connection & Resilience

Build meaningful relationships, enjoy group activities, and practice mindfulness for balance and joy.



Intellectual Wellness

Lifelong Learning

Keep your mind sharp and curiosity alive with opportunities for growth, discovery, and creativity.



Spiritual Wellness

Nourishment for the Soul

Explore your beliefs and purpose through reflection, diverse programs, and spaces that inspire peace and meaning.



Occupational Wellness

Purpose in Every Day

Find fulfillment in hobbies, volunteer roles, and contributions that match your interests and abilities.



Social Wellness

Connection and Belonging

Build meaningful relationships and find purpose through community involvement, volunteerism, and intergenerational connection.



Financial Wellness

Confidence for the Future

Build the knowledge and confidence to make informed financial decisions, maintain security and plan for the future with greater peace of mind.



Environmental Wellness

Supportive Spaces for Living Well

Create safe, accessible and nurturing surroundings that promote comfort, connection, healthy living and overall well-being.

At Sun Health Communities, wellness and belonging go hand in hand as part of Sun Health's Whole-Person approach to living well, so you can live vibrantly with confidence.

