masterpiece

Areas of Focus

The Masterpiece areas of focus are the foundation for longevity, purposeful living and vitality.

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| Physical Health | The choices we make for our health impact resilience, vitality and longevity. Physical health includes how we fuel our bodies, move, rest and manage our health. |  |
| Intellectual Vitality | Intellectual Vitality is about stimulating our brains and using and growing our capabilities. |  |
| Peace & Fulfillment | A sense of peace, purpose and meaning adds quality years to life. Peace and Fulfillment includes how we feel about our lives and how often we seek that which brings peace. |  |
| Social Engagement | Social connection is shown to enhance health and longevity. Social Engagement includes nurturing and growing our social network with people of all ages and serving others. |  |