



# CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES

Time for fitness, friends and fun! Join Aegis Therapies in celebrating health and wellness during WALK! with Aegis Therapies – a national event supporting International Council on Active Aging’s Active Aging Week. WALK! events will focus on the seven dimensions of wellness throughout the planning process, on the event day or both!

**Event Date:** \_\_\_\_\_

## WALK! with Aegis Therapies’ Dimensions of Wellness Activity Examples:

### Physical Wellness

Participants engage in physical activity such as walking (or other physical activity in accordance with the participant’s physical ability).

### Intellectual Wellness

Participants enjoy activities that help stimulate the brain and keep the mind sharp.

### Emotional Wellness

Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

### Spiritual Wellness

Participants focus on a spiritual activity that helps balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace.

### Occupational Wellness

Participants will have fun with activities that support the occupational dimension of wellness.

### Social Wellness

Participants engage in an activity involving social interaction, such as a community event, connecting with a friend or writing a thank you card.

### Celebrate!

WALK! with Aegis allows participants to celebrate wellness and spend time with family, friends and caregivers.

**For more information, contact your Aegis representative at 877-877-9889.**



Presented by:

