



PRESENTED BY:



## 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 using a series customizable plans and activities to accommodate all participant levels and locations.

### Virtual and Customizable

We continue to make modifications to support the need for virtual and distanced activities. With the current Public Health Emergency in mind, Aegis Therapies and EngerG by Aegis have tailored this year's WALK! activities to be flexible, depending on each individual or location's COVID-19 policies and procedures. Visit [www.WalkWithAegis.com](http://www.WalkWithAegis.com) for links to live and recorded events, activity guides and more.

### 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.

**DATE:**

