



PRESENTED BY:



CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES

DATE:

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 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.

For more information, contact:

