



PRESENTED BY:



## CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES 2023

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

Aegis Therapies and EnerG by Aegis have tailored this year's WALK! activities to be flexible, with options for both in-person and virtual events.

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: OCTOBER 2ND-6TH, 2023**

