

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** 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.







Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。WALK-00080-23 S2920