



PRESENTED BY:



# Celebrate Active Aging Week and WALK! With Aegis Therapies 2024

**DATE: September 30th - October 5th, 2024**

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.

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

