



inspiring wellness

2018 Theme: inspiring wellness

Goal:	Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere.
When:	Sunday, September 23 through Saturday, September 29, 2018 Active Aging Week is held during the last full week of September.
Who:	Active Aging Week is organized by International Council on Active Aging®, the association that supports professionals who develop wellness and fitness facilities and services for adults over 50. Events are delivered by ICAA’s members and colleagues.
Where:	Host sites—including retirement communities, seniors centers, health clubs, parks & recreation centers, government departments and NGOs, and apartment/condominium complexes—sponsor activities at their locations, in parks and malls and at community locations such as churches and social clubs.
What:	Local hosts choose activities, such as group walks (both strolls and faster paced), volunteer events, intergenerational activities, group-exercise classes, health fairs, health education, art and craft classes, concerts, dances and demonstrations.
Highlights:	<ul style="list-style-type: none"> • Free to the older adult. • Emphasis on fun, camaraderie and education • A single event or multiple activities during the week.
Active aging:	Active aging promotes the vision of all individuals—regardless of age, socioeconomic status or health—fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual.
More information:	International Council on Active Aging www.icaa.cc/activeagingweek 1-866-335-9777 or 1-604-734-4466