The Good Shepherd Community | EnerG by aegis

MOVE THROUGH LIFE
WITH ENERG® BY AEGIS

Wellness is a lifestyle in our community. Our goal is to help you move through life. We have found a clear link between healthy aging, the independence of our residents and the proactive pursuit of wellness. That's why we offer EnerG® by Aegis wellness programs.

Based on a multi-dimensional model of wellness — social, occupational, emotional, physical, intellectual, environmental and spiritual — our EnerG programs were designed to help you achieve your wellness goals, remain independent longer and improve your quality of life.

ENERG BY AEGIS FEATURES:

Wellness University – Experience lifelong learning with a variety of educational opportunities, including informational lectures, study groups and mini courses.

Wellness activities and classes – Enjoy a variety of fun, interactive wellness activities and active participation classes that keep you motivated and moving while increasing your ability to be independent longer.

Consultative services – Receive direct, one-on-one services covering a range of topics, including safe driving, health screening, personal training, home safety assessments and more.

For more information on our EnerG by Aegis wellness programs, or to schedule a tour of our community, contact us today:

The Good Shepherd Community
1115 4th Ave North
Sauk Rapids, MN 56379
320-252-6525

www.goodshepherdcampus.org

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. Aegis Therapies and the featured company are separate companies. Aegis provides therapy services pursuant to a Service Agreement with the featured company. 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。ENG-00001-18 J159