



Age Institute



**GO OUT
WITH THE
ELDERLY**

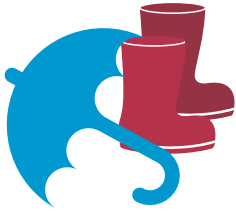
8 Sep–8 Oct 2021

**Walking
together**

[vievanhusulos.fi](https://www.vievanhusulos.fi)



[@vievanhusulos](https://www.instagram.com/vievanhusulos)

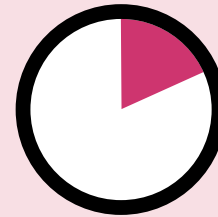


The Age Institute's Go Out with the Elderly campaign encourages volunteers, NGOs, students, professionals in exercise and health care, families and neighbours to enjoy the outdoors together with older adults in need of support. Especially now with the prolonged pandemic, we need more steps and togetherness in everyday life. Walking together with your elders help to keep fit, promote mental wellbeing and improve resistance to disease.

How to participate in the campaign:

- You can register on the campaign website. You will get a free outdoors card.
- Enter your outdoor events or kilometres in the website's account.
- Share your outdoor stories on the website or in social media with the hashtag **#VieVanhusUlos**
- Organize an outdoor event on the **national outdoor day for older adults on 7 Oct 2021**.

There will be a raffle with prizes for the participants.



Brisk walking for
10 minutes daily is enough
to improve your health!

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