

# Aging Well: Making Holistic Wellness Accessible for Seniors

Aging Well provides financial assistance to older adults seeking holistic health and wellness services. By supporting complementary modalities like acupuncture, massage therapy, energy healing, and spiritual counseling, this program promotes dignity, balance, and quality of life—particularly for seniors in underserved communities. Through partnerships with local practitioners and community spaces, we bring body-mind-spirit care directly to those who need it most.



# Aging Well

A program of UYM Charities

# Our Holistic Approach to Senior Wellness

At the heart of Aging Well is a profound belief that healing should honor the full spectrum of human experience—body, mind, and spirit. We understand that aging should be met with compassion, care, and connection, not isolation and limited options.



## Body-Mind-Spirit Wellness

Our program bridges the critical gap between need and access, especially for individuals in economically vulnerable communities.



## Community-Based Access

Through our innovative approach, we partner with integrative health practitioners to host free Wellness Pop-Ups in familiar local spaces like senior centers and neighborhood businesses.



## How You Can Help

- Make a donation to support our free Wellness Pop-Ups
- Volunteer your time at our community events
- Partner with us as a health practitioner or community space

## Contact Us

Funding is made possible through private donations, corporate sponsors, and foundation grants—ensuring care is provided at no cost to participants. [Support UYM](#) or [Contact Us](#) to learn more about partnership opportunities.

Visit [UYMCharities.org](https://UYMCharities.org) to learn more.