

Healthy Aging Initiative

Yu-Ai Kai's Healthy Aging Initiative (HAI). We all want ways to stay active and engaged, physically fit, look and feel our best and have fun - at every age, at every stage of life. Many of us also face the daily challenges as caregivers for older parents and spouses, and may even be caring for grandchildren. Living longer than previous generations, our seniors may also be concerned with its implications for their finances, health, the ability to live as independently as possible, and quality of life. Yu-Ai Kai has identified six programming areas that make up our HAI Wheel, and with the opening of the Akiyama Wellness Center, you'll be seeing more programs offered in these program areas.

Preparing for the Future

Our goal is to help seniors plan and get the resources needed to make informed decisions.

Caring for Others

Our goal is to offer programs that help our seniors and families in their caregiver roles and direct them to relevant services and resources.

Staying Physically Fit

Our goal is to provide fitness and nutrition classes that foster healthy lifestyles at every stage in life.

Self-Managed Health and Injury Prevention

Our goal is to help seniors monitor their own health, provide them information to make educated decisions about their health, and teach ways to prevent illness and injury.

Staying Sharp & Engaged

Our goal is to provide opportunities for seniors to stay socially engaged, mentally fit and feel productive as volunteers.

Intergenerational & Intercultural Sharing

Our goal is to provide opportunities that bring seniors and others together for intergenerational and intercultural sharing.



For more information:
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The Giving Tree
benefiting
Yu-Ai Kai
Akiyama Wellness Center

