



National Council on Aging



Come join us for a new 10-week session at Gladstone Community Center

Friday, October 11, 2024 through December 13; 10:00 – 11:30 am.

Graduation celebration on December 20!

WHAT IS THE AGING MASTERY PROGRAM?

The Aging Mastery Program (AMP) encourages mastery — developing behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Join us to explore topics to help you navigate the next chapter of your life:

Exercise

Healthy eating & hydration

Sleep

Financial management

Healthy relationships

Medication management

Advance planning

Falls prevention

Navigating Longer Lives

Community engagement



This course is free for adults age 60+. Under age 60, cost is just \$39.

All materials included! Coffee and snacks too!

Registration opens August 26, 2024, by phone or online.

Online Registration: <https://gladstonemo.activityreg.com>

Click on “Register for Activities”

Over the phone: (816) 423-4200

Need more information? Contact Paula Zigmond, 816-595-0086