

Come join us for a new 10-week session at Beacon Mental Health Suite
3100 NE 83rd Street, 2nd floor, Kansas City, MO 64119

Thursdays, beginning on September 4, 2025; 1:30 to 3:00 pm
Graduation celebration on Thursday, November 13!



What is the Aging Mastery Program all about?

- ♥ You will learn about the concept of longevity as a gift.
- ♥ You will understand the new realities of aging, including the fact that most of us will live longer than most of our predecessors did.
- ♥ You will understand the importance of feeling and expressing gratitude.
- ♥ You will learn how the Aging Mastery Program® (or AMP) can work for you—through AMP's Core courses, elective classes, specialty courses, and daily practices.
- ♥ You will meet new friends, provide support and encouragement to your peers, and have fun!

Aging Mastery Core Curriculum includes:

Navigating Longer Lives
Exercise and You
Healthy Eating and Hydration
Sleep
Medication Management

Falls Prevention
Advance Care Planning
Financial Fitness
Healthy Relationships
Community Engagement

Class is free for age 60+! Under age 60, cost is only \$39.
Materials and snacks are included.

For more information and registration, contact:
Paula Zigmond, Clay County Senior Services, 816-595-0086, paula@claycoseniors.org