



Aging Mastery Program®

National Council on Aging



Join the Adventure!

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.

The program starts on Friday, April 5, 2019, and meets on Fridays, 12:30–2 p.m., for 10 weeks, through June 7, 2019. Materials and light refreshments will be provided.

Classes meet at Excelsior Springs Senior Center, Excelsior Springs Community Center, 500 Tiger Drive, Excelsior Springs, Missouri. Phone 816-656-2500.

**Classes cost \$39 (a \$250 value).
Limited spots available. Sign up now!**

Register at 816-630-5955 or jeffbarga@esparksrec.com.



Core Curriculum classes

- **Navigating Longer Lives: The Basics of Aging Mastery** — Introduction to the program.
- **Exercise and You** — The importance of exercising both the mind and the body.
- **Sleep** — Simple strategies to improve sleep.
- **Healthy Eating and Hydration** — Review of nutrition as it relates to aging.
- **Financial Fitness** — How to remain economically secure in an era of longevity.
- **Advance Planning** — Making decisions while maintaining personal values.
- **Healthy Relationships** — The benefits of being socially active.
- **Medication Management** — How to take and keep track of medications.
- **Falls Prevention** — Strategies to prevent falling.
- **Community Engagement** — The value of continuing involvement.

A 12-session caregiving curriculum is also available.

For more information, email Paula Zigmond, Program & Resources Manager, Clay County Senior Services, at paula@claycoseniors.org or call 816-595-0086.

KC Communities for All Ages is a program of the Mid-America Regional Council, 600 Broadway, Kansas City, Missouri, www.kccfaa.org.

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