



# Aging Mastery Program®

National Council on Aging



**10-week Core AMP 2022**  
**Fridays, January 21 thru March 25**  
**10:00 til 11:30 am**

The Aging Mastery Program (AMP) helps older adults create their own personal pathway for aging. When you participate in AMP, you will learn the importance of small, consistent changes over time that lead to mastery of healthy habits. Get out of your forest, meet new people, hear expert community speakers, get prizes! All materials are included.

**Classes are FREE for age 60+!**  
**(a \$250 value).**

Under age 60: cost is \$39

**Classes will be offered both in person and virtually via Zoom.**

**A 30-minute Zoom support session will be offered before the course begins to help you navigate the virtual platform.**

**Registration is required for either mode of attendance through:**

**Gladstone Parks, Recreation & Cultural Arts**

**[gladstone.mo.activityreg.com](http://gladstone.mo.activityreg.com)**

**Registration will also be available in person at the Community Center or by phone at (816) 423-4200.**

## Core Curriculum classes

- 1/21** *Navigating Longer Lives: The Basics of Aging Mastery* Introduction to the program.
- 1/28** *Exercise and You* — Importance of exercising both the mind and the body.
- 2/4** *Sleep* — Simple strategies to improve sleep.
- 2/11** *Healthy Eating & Hydration* — Review of nutrition as it relates to aging.
- 2/18** *Financial Fitness* — How to remain economically secure in an era of longevity.
- 2/25** *Advance Planning* — How to make decisions while maintaining personal values.
- 3/4** *Healthy Relationships* — The benefits of being socially active.
- 3/11** *Medication Management* — How to take & keep track of medications.
- 3/18** *Falls Prevention* — Learn strategies to prevent falling.
- 3/25** *Community Engagement* — Realize the value of continuing involvement.
- 4/1** **Graduation celebration!**



Northland Shepherd's Center  
*Helping Seniors Thrive*



Clay County  
SENIOR SERVICES

MARC  
MID-AMERICA REGIONAL COUNCIL

**KC** Communities  
for All Ages

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