



# Join the adventure!

## Build your own personal playbook for aging well.



**This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!**

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

- Navigating Longer Lives**
- Exercise**
- Healthy eating & hydration**
- Sleep**
- Financial fitness**

- Healthy relationships**
- Medication management**
- Advance planning**
- Falls prevention**
- Community engagement**

This 10-week program will begin on Friday, October 6, 2023, 10:00 til 11:30 am at Gladstone Community Center.

Free for age 60+! Under age 60, cost is \$39. All materials included!

Graduation celebration on December 15!

Registration opens on August 28. Call 816-423-4200 or

[www.gladstonecommunitycenter.com](http://www.gladstonecommunitycenter.com)

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