



National Council on Aging



Come join us for a new 10-week session at Gladstone Community Center.  
Friday, October 7, thru December 9, 2022, 10 – 11:30 am.  
Graduation celebration on December 16.

### 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                   | Medication management |
| Healthy eating & hydration | Advance planning      |
| Sleep                      | Falls prevention      |
| Financial management       | 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 on August 29: call 816-423-4200.

For information: Paula Zigmond, Clay County Senior Services

816-595-0086 or [paula@claycoseniors.org](mailto:paula@claycoseniors.org)