



Aging Mastery Program®

National Council on Aging



Join the Adventure!

Caregiver Version

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 other caregivers and create a "Caregiver Strategy" and "Caregiver Bill of Rights".

12-week AMP for Caregivers:

Thursdays, July 13th-October 5

11:30 am – 1:00 pm. Lunch will be provided so registration is important!

This class will be co-facilitated by Northland Shepherd's Center, and Kearney Senior Community Center.

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.

In-person classes will be held at Kearney Senior Community Center:

600 N Jefferson St. Kearney, MO 64060

Registration is available in-person at the address above or by phone at (816) 635-0466

- **Caregiver Perspectives: Assessing Our Needs**
- **Navigating Longer Lives: The Basics of Aging Mastery** — Introduction to the core program.
- **Exercise and You** — The importance of exercising to 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
- **Advance Planning** — Making estate planning decisions
- **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.
- **Caregiver Playbook: Planning, Connecting, and Doing**
- **Graduation Celebration!**



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