



Join the caregiver 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:

Caregiving Perspectives: Assessing OUR Needs

Navigating Longer Lives

Exercise

Healthy eating & hydration

Sleep

Financial fitness

Healthy relationships

Medication management

Advance planning

Falls prevention

Community engagement

Caregiver Playbook: Planning, Connecting and Doing

12-week program January 18, 2024- April 18, 2024

1:00 to 2:30 pm at **The Northland Human Services Building on the Maplewoods Community College Campus. 3100 NE 83rd St. Kansas City, MO 64119** We will meet in the 2nd floor River Room. Watch for signs in the building.

Free for all caregivers! All materials included!

Call (816) 468-0400 x 330 to register

For more information contact: Ann Kinney or Becky Franklin, Beacon Mental Health

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