



National Council on Aging



Come join us for a new 10-week session at Gladstone Community Center

Friday, March 8th through May 10th, 2023; 10 – 11:30 am.

Graduation celebration on May 17.

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

Navigating Longer Lives

Healthy relationships

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 January 22, by phone or online.

Online Registration: <https://gladstonemo.activityreg.com>

Click on “Register for Activities”

Over the phone: (816) 423-4200

Need more information? Contact Paula Zigmond, 816-595-0086