



# Aging Mastery Program®

*National Council on Aging*

## Aging Mastery Program® Join the adventure!



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. Learn more at [www.AreaAgencyonAging.org](http://www.AreaAgencyonAging.org)

This 10-week nationally based Aging Mastery Program will offer a fun and engaging education and behavior change curriculum for aging well. Your participation in this evidence-informed program will help you:

- 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
- Improve your well-being

**Where:** Area Agency on Aging, Campus for Creating Aging, 2920 Lakeview Avenue, St. Joseph, MI

**When:** Thursdays, September 19 through November 21, 2019, 10:00—11:30 am

**Course fee:** \$99 for 10-week class series. Scholarships available.

**To learn more or to register, contact:** Tara Gillette at (269) 408-4369 or

[taragillette@areaagencyonaging.org](mailto:taragillette@areaagencyonaging.org)

# Core Curriculum



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**Navigating Longer Lives: The Basics of Aging Mastery** — Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity and taking small steps to improve health, financial well-being, social connectedness and overall quality of life.

**Exercise and You** — Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility and balance into daily routines.

**Sleep** — Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle and simple strategies to improve sleep.

**Healthy Eating and Hydration** — Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

**Financial Fitness** — Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial boundaries with friends and family.

**Advance Planning** — Guidance around key steps needed to manage health care, financial and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

**Healthy Relationships** — Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

**Medication Management** — Best practices on how to take medications as directed, how to store medications safely and how to keep track of multiple medications.

**Falls Prevention** — Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

**Community Engagement** — Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

**NATIONAL COUNCIL ON AGING**

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