



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

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: Niles—Buchanan YMCA, 905 North Front Street, Niles, MI

When: Wednesdays, September 18 through November 20, 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

Core Curriculum

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.

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