

AGING MASTERY

Retirement and aging today, is much different than it was 10 years ago. Are you looking for ways to make the best of this new and exciting journey? Have you been retired for awhile but still looking for ways to invigorate your lifestyle? Does your life now include caring for aging family members?

This exciting 10-week program will help you meet your personal goals. Interact weekly with speakers on topics such as exercise, nutrition, falls & prevention, financial management & planning, socialization, volunteering, medication and sleep improvement. We can help you set and reach goals to improve your retirement experiences!

APRIL 4 - JUNE 6, 2019
THURSDAY EVENING, 6:00-7:30 P.M.

VESPER HALL PRICE: FREE! FOR ALL 10 SESSIONS!
FREE MEAL PROVIDED EACH SESSION BY AREA RESTAURANTS

CORE CURRICULUM 10-SESSION SCHEDULE:

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 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 of strategies for remaining economically secure with an emphasis on setting financial boundaries and goals.

Advance Planning

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



Aging Mastery Program[®]

National Council on Aging



Previous attendees said:

"Small steps can make a big difference!" - Pam B.

"I'm motivated to get involved!" - Ralph H.

Register Online using this code: 1540701

Healthy Relationships

Exploration of the benefits of being socially active, 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.

Community Engagement

The value of continuing contribution with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

Falls Prevention

Overview of the importance of fall prevention among older adults along with strategies to prevent falling.

EVENING MEAL PROVIDED WEEKLY BEFORE CLASS!

Funding for the Aging Mastery Program was provided by the George H. Nettleton Foundation
Program sponsors:



For more information, email mbears@bluespringsgov.com or call 816-228-0271. 400 NW Vesper Street, BSMO 64014.