



AGING MASTERY PROGRAM

Aging Mastery is a comprehensive and fun approach to living that guides and empowers older adults to enrich their lives and celebrate the gift of longevity. The belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity are central to the Aging Mastery philosophy.

Schedule

- September 8th - Navigating Longer Lives
- October 6th - Exercise and You
- November 3rd - Sleep
- December 1st - Healthy Eating and Hydration
- January 5 - Financial Fitness
- February 2nd - Advance Planning
- March 2nd - Healthy Relationships
- April 6th - Medication Management
- May 4th - Falls Prevention
- June 1st - Community Engagement

**For more information
and to register, please
visit:**

<https://bit.ly/AlzOCAM>

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Helpline: 844-373-4400 | www.alzoc.org