



AGING MASTERY PROGRAM

Session #10: Community Engagement Monday, June 1st | 10:00 am - 11:30 am Online via ZOOM

Staying connected to others and actively participating in community life plays a powerful role in maintaining emotional well-being, purpose, and cognitive health as we age. Social engagement helps reduce loneliness, strengthens resilience, and supports overall brain health.

This Aging Mastery Program session explores the many ways individuals can remain engaged with their communities, whether through volunteering, learning opportunities, social groups, cultural activities, or civic involvement. Participants will reflect on their interests and identify meaningful ways to stay connected and contribute to their communities.

Through discussion and practical planning, this class encourages participants to discover new opportunities for involvement, strengthen social networks, and build a lifestyle that supports both personal fulfillment and long-term well-being.

Please note, if you have already registered for the first session - there is no need to register again.

Register here: <https://bit.ly/AgingMasteryAlzOC>

Thank you to our sponsors:



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