

Age happy . . .
healthy . . .
& worry-free!



Aging Mastery Program[®]

National Council on Aging

For baby boomers
and seniors



Wednesdays, Sept 11-Nov 13
5 to 6:30 pm

at the Anacortes Senior Activity Center
1701 22nd Street, Anacortes — (360) 293-7473

Cost: \$60 Scholarships are available

Sign up beginning July 1

Go to anacortesparksandrecreation.sportsiteslabs.com
to register. For assistance with registration or for more
information, call Sally or Lea at (360) 293-7473.

The Aging Mastery Program combines classes with expert speakers, group discussions and goal setting to help you gain new skills to make small meaningful changes in your life.

Topics include:

- Navigating longer life
- Exercise and you
- Sleep
- Healthy eating and hydration
- Financial fitness
- Advance planning
- Healthy relationships
- Medication management
- Community engagement
- Falls prevention