



# Aging Mastery Program

National Council on Aging

*"The class offering was actually profound for me... The classes offered ways to make the years happier, healthier, and more worry free."*

**- AMP Participant**

**Good Samaritan Medical Center and  
Boulder County Area Agency on Aging are  
hosting the Aging Mastery Program®!**

**When:** Wednesdays and Fridays,  
October 18 - November 20, 10-11am

**Where:** Online "Google Meet" meeting. A link will be sent to  
you following registration.

**Cost:** Free

## **Why Participate?**

- Learn to make small changes that can impact your health, financial well-being, and enjoyment in later life.
- Meet new friends, support and encourage your peers, and become more involved in your community.
- Have fun!

**Limited Space is Available- Sign up now!**

Please RSVP to Peggy Jarrett at: 303.689.5229 or  
[peggy.jarrett@sclhealth.org](mailto:peggy.jarrett@sclhealth.org) by **October 19**



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## What is the AMP Curriculum?

### **1. Navigating Longer Lives: The Basics of Aging Mastery®**

Introduction to the program 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.

### **2. 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.

### **3. Sleep**

Overview of how sleep patterns change as we age, the importance of the sleep cycle, and simple strategies to improve sleep.

### **4. Healthy Eating and Hydration**

Review of nutrition with strategies for incorporating healthy eating and hydration into daily routines.

### **5. Financial Fitness**

Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

### **6. 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.

### **7. Healthy Relationships**

Exploration of the benefits of being socially active and the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections.

### **8. Medication Management**

Best practices on how to take medications as directed, store medications safely, and keep track of them.

### **9. 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.

### **10. Falls Prevention**

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



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