

Are you 50+ Years of Age or Older? Want to try something new?

Here Is a FREE Inspirational Online Program using Zoom!

***The National Council On Aging in Collaboration with
Kingsborough Community College presents...***

LIVE WELL - DO WELL - AGE WELL

Tuesdays & Thursdays May 26th – June 25th 2020 Time: 4:30- 5:30pm

The Aging Mastery Program[®], classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society.

Participants must attend 7 out of 10 sessions in order to graduate .

Tuesday 5/26 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 health, financial well-being, social connectedness, and overall quality of life.

Thursday 5/28 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.

Tuesday 6/2 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.

Thursday 6/4 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.

Tuesday 6/9 Healthy Relationships

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

Thursday 6/11 Falls Prevention Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

Tuesday 6/16 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.

Thursday 6/18 Medication Management

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

Tuesday 6/23 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.

Thursday 6/25 Sleep

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

Email to register: [Susan. Lavin@kbcc.cuny.edu](mailto:Susan.Lavin@kbcc.cuny.edu)

Call: 718 368 5079

Funded by Council Member Justin Brannan for District 43 Residents,
Council Member Eric Ulrich District 32 Residents and The National Council on Aging.