

 **Ageing Mastery Program®**
National Council on Aging

ARE YOU 50+ AND RETIRED OR CONSIDERING RETIREMENT? WANT TO TRY SOMETHING NEW?
HERE IS AN INSPIRATIONAL PROGRAM FOR YOU!!

The National Council on Aging in collaboration with Kingsborough Community College presents:

LIVE WELL-DO WELL-AGE WELL

A 10-week program based on the National Aging Mastery Program (Must attend 7 out of the 10 sessions to graduate)

The program is designed to offer participants 50+ yrs of age, the skills and tools needed to reap the benefits of this cutting-edge wellness program. Participants will achieve measurable improvements in Navigating Longer Lives, Sleep, Exercise & You, Healthy Eating & Hydration, Financial Fitness, Advanced Planning, Healthy Relationships, Medication Management, Civic Engagement, and Fall Prevention.

To be offered daytime and evening at **THREE** locations - Register Early - Limited Seats Available!

Kingsborough Community College - 2001 Oriental Blvd, Brooklyn, NY 11235- Cost \$80 Materials Fee

Tuesdays April 21-June 23, 10:30am-12:00pm (Doors open at 10:20am) - Registration begins March 16 - Call 718-368-5050

OR

Bay Ridge Neighborhood NORC -7609 3rd Avenue, Brooklyn, NY 11209 - *FREE to residents residing in

11209,11228,11220 & 11204 50+ yrs of age. Tuesdays April 21-June 23, 5-6:30pm (Doors open at 4:45pm) Registration begins March 2 - Call Susan Lavin at 718-368-5079.

OR

Rockaway's YMCA - 207 Beach 73rd Street, Arverne, NY 11692 **FREE for Rockaway residents 50+ yrs of age.

Thursdays April 23-June 25, 2:30-4pm (Doors open 2:15pm)

Registration begins March 2 -Call Susan Lavin at 718-368-5079.

* Funded by the office of NYC Council Member Justin Brannan

** Funded by the office of NYC Council Member Eric Ulrich