



Aging 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.

Offered at THREE locations - Register Now - Limited Seats Available!

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

Tuesdays October 1-December 10 (no class 10/8), 10:30am-12:00pm - Registration begins September 3 - Call 718 368-5050

OR

Bay Ridge Center -6935 4th Avenue, Brooklyn, NY 11209 - cost \$80 Materials Fee

Tuesdays October 1-December 10 (no class 10/8), 2:15-3:45pm - Registration begins September 3 - Call 718 368-5050

OR

Seaside Library -116-15 Rockaway Beach Blvd., Rockaway Park, Queens, NY 11694 - *FREE for Rockaway residents 50+ yrs of age. Thursdays October 3-December 12 (no class Nov. 28) 2:15-3:45pm (Doors open 2pm) - Registration begins August 14 - Call Susan Lavin at 718 368-5079.

* Funded by the Office of NYC Council Member Eric Ulrich

Registration fee is waived for Aging Mastery Program. FREE designated guest parking is available on campus at the Kingsborough site.

For more information call Susan Lavin at (718) 368-5079.