

# Join the adventure!



## You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

## Camano Center

will be running the Aging Mastery Program® soon!

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

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Classes will be held Thursdays,  
April 7th-June 9th  
1:00-2:30 PM at the  
Camano Center  
606 Arrowhead Road  
Camano Island, WA 98282

Cost per person for 10 classes is \$60  
\*Please contact the Camano Center  
if class fee is a barrier. Limited Scholarships available.



### Limited spots available: Sign up now!

The program will launch on Thursday, April 7th, 1:00—2:30 PM

but participants have to be signed up by March 24th

Please RSVP to: Karen Conway, [kconway@camanocenter.org](mailto:kconway@camanocenter.org)

by March 24th



**CamanoCenter**  
*Get connected.*

606 Arrowhead Road, Camano Island, WA  
360-387-0222