

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!

Build 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,
September 22nd-December 8th
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, Sept. 22nd, 1:00—2:30 PM

but participants have to be signed up by September 1st

Please RSVP to: Karen Conway, kconway@camanocenter.org

by September 1st



CamanoCenter
Get connected.

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