



# Aging Mastery

The Camano Center is excited to offer our winter session of the **Aging Mastery Program** starting January 10th. The sessions will be offered on Tuesdays from 1:00-2:30, January 10th -March 14th.

## Aging Mastery Program

### Winter Series

starts 1/10.

Registration is now open!

Questions? E-mail [kconway@camanocenter.org](mailto:kconway@camanocenter.org) or call the Camano Center at 360-387-0222.

Ready to sign up? Click this link to register <https://form.jotform.com/220344709864056>

## Join the adventure!

### 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!

#### 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

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Classes will be held Tuesdays,

**January 10th –March 14th**

**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.

