



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

NEWS RELEASE

FOR IMMEDIATE RELEASE

AREA AGENCY ON AGING'S 10-WEEK AGING MASTERY PROGRAM® WILL HELP SENIORS MAKE THE MOST OF THEIR LIVES

PHOENIX, Ariz. (Feb. 21, 2017): With more than 76 million baby boomers looking toward their senior years, the Area Agency on Aging has partnered with the National Council on Aging on a program designed to develop sustainable behaviors leading to improved health, stronger economic security, enhanced well being and increased community participation.

The Aging Mastery Program® is a 10-week series of classes for individuals 50 and over designed to address comprehensive topics about aging well.

The 90-minute classes will be held in Scottsdale and Phoenix, with light refreshments provided. The expert-led classes will cover topics that include

- Navigating Longer Lives: The Basics of Aging Mastery
- Exercise and fitness
- Sleep
- Healthy eating and hydration
- Financial fitness
- Medication management
- Advance planning
- Healthy relationships
- Fall prevention, and
- Community engagement.

“Our mission is to keep older adults safe and healthy in their own homes and this program has demonstrated solid results with participants showing increased activity levels, healthier eating habits, use of advanced planning, improved self management and more connection to the community,” said Area

Agency President and CEO Mary Lynn Kasunic. "It's a great program to stimulate new thinking and dialogue among those who are at the same stage in their lives."

Classes start Feb. 27 at the Mustang Library, 10101 N. 90th St. in Scottsdale from 1-2:30 p.m. and March 9 at the Area Agency on Aging, 1366 E. Thomas Road, Suite 108 in Phoenix from 4:30- 6 p.m. Additional series of Aging Mastery classes are being scheduled.

Cost for the series is \$75. Space is limited.

For more information or to register, call 602-264-4357 or register online at www.aaaphx.org.

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About the Area Agency on Aging: Since 1974, Area Agency on Aging has been planning, developing, coordinating and delivering nearly 50 critical services to older adults and their caregivers, adults age 18+ with physical disabilities and long-term care needs, adults with HIV, residents in long term care facilities, and survivors of late-life domestic violence and elder abuse. The Agency develops new and innovative programs in response to unmet needs throughout Maricopa County to provide support for older adults to remain active and age in their communities with dignity. For more information, contact the 24-Hour *Senior* HELP LINE at 602-264-HELP (4357) or Toll Free at [888-783-7500](tel:888-783-7500). For the hard of hearing and deaf, TEXT [520-775-1899](tel:520-775-1899) SMS (Short Message Service). Visit the website at www.aaaphx.org.

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