

Aging Mastery Program® for Caregivers

Create your own playbook for success as a caregiver.



Pembroke Town Library
313 Pembroke Street, Pembroke

Tuesdays,
January 9 - March 27
1:30 - 3 p.m.

Program is free. Class size is limited.

To register call (603) 224-4093, ext. 5815
or visit www.crvna.org.

The 12 core classes focused on:

- Caregiver Perspectives:
Assessing our Needs
- Navigating Longer Lives:
The Basics of Aging Mastery
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention
- Caregiver Playbook:
Planning, Connecting, and Doing

The *Aging Mastery Program® for Caregivers* educates family caregivers about the impacts of caregiving and provides tools to stay healthier throughout the caregiving journey.



Aging Mastery Program®

National Council on Aging



**CONCORD REGIONAL
VISITING NURSE
ASSOCIATION**

(603) 224-4093 ▪ (800) 924-8620

www.crvna.org