

LIVE YOUR LIFE  
LIKE IT'S

*Golden*



# MAKING THE MOST OF THE GOLDEN YEARS

Aging Mastery Program® helps older adults and boomers build their own playbook for aging well. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and others.

For more information contact:  
The Center for  
African American Health  
303.355.3423  
[www.caahealth.org](http://www.caahealth.org)

**Exercise and You - Financial Fitness**  
**Healthy Relationships - Medication Management**  
**Community Engagement**

