



# Aging Mastery Program®

*National Council on Aging*

## OVERVIEW OF THE AGING MASTERY PROGRAM

The Aging Mastery Program is an evidence-based intervention that was birthed by the National Council on Aging in 2013. It seeks to change the way we age by promoting positive aging via fun, engaging, and life changing experiences.

## FACTS ABOUT THE AGING MASTERY PROGRAM

The program revolves around 10 core curricula, and they include navigating longer lives, exercise and you, sleep, healthy eating and hydration, financial fitness, advance-planning, healthy relationships, medication management, fall prevention and community engagement. Professionals present these topics to seniors on a weekly basis at community centers, churches, civic associations, active senior living apartments, and nursing homes.

## WHAT ARE EVIDENCE BASED INTERVENTIONS?

An evidence-based intervention is one that has been proven through research findings to be effective at causing positive behavior change. The Aging Mastery Program is one such intervention and it has positively impacted over 12,000 participants at 275 sites since its inception in 2013 with an 80% graduation rate.