



This is a class produced by the National Council on Aging.

What does the gift of time mean to you? What are your biggest obstacles in changing your behavior? Do you think that setting your own goals will help you keep more accountable?

If you want to make your post-retirement years another Great Chapter in your life, come join us for 8 weeks as we look at 6 dimensions of aging that we need to address to improve our quality of life, make great memories and leave a legacy of our time, talents and means to our loved ones.

On average, in our culture, seniors sleep 8-9 hrs. in a 24-hr. period, they spend 8 hrs. on leisure activities a day (4.5 hrs. spent on television or social media) and typically give only an hour to bettering themselves or others in a 24-hr. period.

Help us change those statistics!

Let's set some goals, work on self-improvement and see what happens as we walk through this journey together!

If you have never taken a class like this, we challenge you to try it! You will be inspired to try new things, make new habits and most of all be encouraged to - GET OUT OF THAT RECLINER!

Register today! Deadline for registering is : April 9th

Class Dates: Wednesdays, April 16th – June 4th

Time: 2-3:30 p.m.

Classes held at St. Elizabeths Hospital (Sister Gerina Room)

Cost: \$60 (This includes the AMP materials)

Call: 507-285-5272