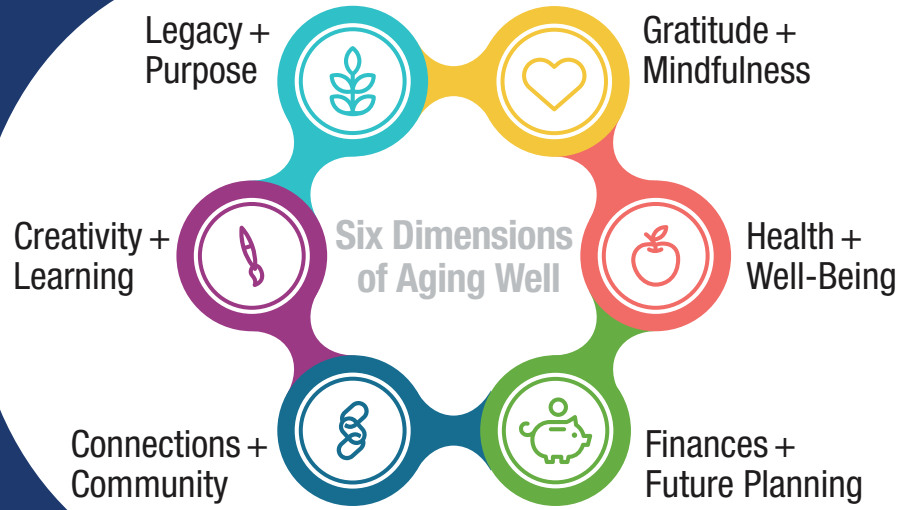


# The Aging Mastery® Starter Kit Has Arrived!

We are proud to partner with the National Council on Aging (NCOA) to offer you the **Aging Mastery® Starter Kit**.

The Starter Kit will inspire you to take steps toward positive aging across six dimensions and help you build your own playbook for aging well. Each dimension has specific guideposts, or actions, that you are encouraged to incorporate your daily life.



## The Starter Kit contains:

*Aging Mastery Playbook*



Activity Cards

Exercise DVDs



Notepad

Magnet



We hope that you take the opportunity to explore the Starter Kit. It will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourselves and for others.

**Interested? Come ask us how you can get a Starter Kit of your own:**

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**Aging Mastery Program®**

National Council on Aging

[www.ncoa.org/AMP](http://www.ncoa.org/AMP)

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