

NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: March 29, 2021
Contact: Cheryl Martin, Library Services Specialist
360.417.8500 x7764 or CMartin@nols.org
Re: "Aging Mastery Playbook" Discussions
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The North Olympic Library System (NOLS) invites older adults to take part in the National Council on Aging's Aging Mastery[®] Program! Weekly discussions in March were so successful, that NOLS has decided to add another round of discussions beginning in April. Meetings will take place on Zoom every Monday evening at 6:30pm, April 19 through May 24. Visit nols.org, or contact your local NOLS branch to register for the discussions.

Join weekly discussions of the *Aging Mastery Playbook's* six dimensions of aging well. Connect with others to discuss the topics and learn from each other. There will be reading and activities provided before each session. Attendance at all sessions is encouraged, but not required, to participate.

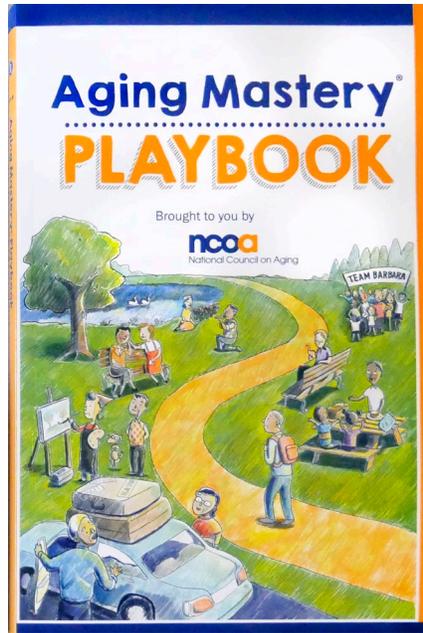
Stop by your NOLS branch to request an Aging Mastery[®] Starter Kit. This kit is a fun and hands-on experience that encourages people to spend more time each day doing things that are good for themselves and for others. The Starter Kit was developed and provided by the National Council on Aging (NCOA) and has been successful at helping older adults embrace their gift of longevity. The Starter Kit includes practical tips for aging well across six dimensions:

Gratitude and Mindfulness, Health and Well-Being, Finance and Future Planning, Connections and Community, Learning and Creativity, and Legacy and Purpose.

This self-paced kit helps older adults take small steps to improve their health and quality of life. It includes a book, exercise DVDs, activity cards, and a weekly check-in notepad. Participants do not need a computer to use the materials.

For additional information on programs and services happening at your library, visit www.nols.org, email Discover@nols.org, or follow North Olympic Library System on Facebook and Instagram.





Aging Mastery Program®

National Council on Aging

“Aging Mastery® Playbook” discussions held by NOLS beginning April 19.

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