

**Soooooooo... you think you know all there is to know about aging,  
retirement, and taking care of yourself...  
If so, the Senior Leadership Class is just for you!**

**The Tipton County Commission on Aging invites YOU to join  
other seniors in the Tipton County Senior Leadership Program  
beginning March 1st thru April 21th, 2010.**

**The Senior Leadership Class promotes independence and advocacy for  
seniors and caregivers.**

**Classes meet twice weekly (Monday and Wednesday) from 9 to 11 a.m.  
in the TCCA Meeting Room  
(located downstairs of the Covington Senior Center)**

**... fifteen (15) sessions designed to strengthen the influence of seniors  
in Tipton County.**

**Eight weeks of fun, fellowship, learning and remembering!**

**Minimum number of students: 25**

**At the end of this course, you can expect to be:**

- **more self-reliant,**
- **more knowledgeable about issues challenging older people,**
- **a stronger advocate for positive changes for seniors,**
- **more aware of opportunities for self-fulfillment as an older adult,**
- **empowered to take action (advocate) regarding issues affecting seniors**
- **better educated regarding opportunities for volunteer participation in leadership programs and activities across the county**
- **a much stronger and healthier senior individual!!!**

**For more information and to register, please call the  
Tipton County Commission on Aging, 476-3333.**

**Carry YOUR torch of Independence!**



**Tipton County Senior Leadership Program is funded by  
Tipton County Government and Private Donations**