longevity in action

program overview

**Longevity in Action** is a program powered by Masterpiece that explores concepts that were introduced in Dr. Roger Landry’s dynamic book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. **Longevity in Action** is about building resilience. It is what allows us to bounce back after physically, mentally, and emotionally stressful situations and is developed by a lifestyle that builds up physical, mental, social, and spiritual strength.

**Longevity in Action** has **12** sessions with each standalone session including a turnkey facilitator guide and worksheet for thoughts, self-reflection, and action steps. **Longevity in Action**supports everyone’s vitality and would benefit team members as well as residents. Also, the comprehensive facilitator guides make it encouraging to have each session led by a different resident or a team member.

The scheduling of the program and the number of sessions are completely up to you. If you plan to run all 12 sessions, we recommend using the pre- and post-survey to evaluate the impact of the program and growth of the participants. Here are some scheduling options:

1. One session a month for a year
2. Weekly sessions for a quarter
3. Recommended first four sessions:
   * Life’s Curveballs
   * Mindset
   * Wherever You Are...Be There
   * Stay Connected
4. Pick the sessions that will support the community the most