

# **Luminosities and mass-loss rates of Local Group AGB stars and Red Supergiants**

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The spectral energy distributions of 190 C-stars and 170 O-rich stars in the Magellanic Clouds are fitted with a dust radiative transfer model. This sample represents essentially all AGB stars and Supergiants which have been observed with the Spitzer IRS spectrograph in the Clouds. Luminosities and mass-loss rates are derived. Periods are available for most stars from the OGLE-III survey. The evolution of mass loss as a function of period and luminosity, and metallicity (LMC vs. SMC) is discussed.