



Aging Mastery Program®

National Council on Aging



The Aging Mastery Program® (AMP) classes

Tuesdays, Feb. 14, 21, 28 • March 7, 21, 28 • April 4, 11, 18, 25, 2017

Note: There will be no class on Tue., Mar. 14

1:30 pm – 3:15 pm

The Aging Mastery Program® (AMP) classes will explore:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Fall Prevention
- Community Engagement

By participating in this program, you will make small helpful changes in your activities, get incentives and rewards for taking these steps to improve your well-being, meet new friends and become more involved in your community.

Limited spots available: Sign up now!

Fee: \$99 is for all 10 weeks of the program

Registration and Fee (payable in advance) **by Friday, Feb. 10**
(No refunds after Wednesday, Feb. 1)

Location: Christ Presbyterian Church

6565 E. Broadway Blvd., Tucson, AZ 85710

Join the adventure!



AGING WELL TODAY, TOMORROW, FOR LIFE



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**For more information and to REGISTER,
call Pima Council on Aging
520-305-3409**