



Aging Mastery Program®

National Council on Aging



The Aging Mastery Program® (AMP) classes

Thursdays, February 15 – April 19, 2018, 1:30 pm – 3:00 pm

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

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

A comprehensive approach to aging well. The program combines classes with expert speakers, group discussion and goal setting to help you gain new skills to make small meaningful changes in your life.

Limited spots available: Sign up now!

Fee: \$99 is for all 10 weeks of the program
Registration and Fee (payable in advance) **by Thurs., Feb 1, 2018**
(No refunds after Thurs., Feb. 1, 2018)

Location: Randolph Recreation Center
200 S. Alvernon Way, Tucson, AZ 85711



Join the adventure!



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