



# Aging Mastery Program®

National Council on Aging



## The Aging Mastery Program® (AMP) classes

**Wednesdays, Sept. 12 – Nov. 14, 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 Tues., Sept. 4, 2018**  
**(No refunds after Tues., Sept. 4, 2018)**

**Location:** Resurrection Lutheran Church  
11575 N. First Ave., Oro Valley, AZ 85737



**Join the adventure!**



AGING WELL  
TODAY, TOMORROW,  
FOR LIFE



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