

# Aging Mastery Program®

## Join the Adventure!



## Aging Mastery Program®

National Council on Aging

Our center will be running the Aging Mastery Program® beginning September 11, 2017!

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

### Different topics each week!

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

### Limited spots available: Sign up now!

Register before **Tuesday, September 5, 2017**.

The program will launch on **Monday, September 11, 2017** from **12:00-1:30**.

10 week program - \$50 for members - \$60 for non-members

Scholarships available!

Registration information is available through Kimberly Amaya, ASAC  
Health & Wellness Coordinator, at 770-2025.



Please **RSVP** to **Kimberly Amaya** at **(907) 770-2025** or  
**kamaya@anchorage seniorcenter.org** by **Tuesday,**  
**September 5<sup>th</sup>** if you are interested.