



A Centralized Senior Service Organization
Linking the Community to the Needs of Seniors



National Council on Aging

Join the adventure!



The Foundation for Senior Services & Senior Specialists Group (SSG)

Presents the **(AMP) Aging Mastery Program[®]**

ONEgeneration, 18255 Victory Blvd, Reseda, CA 91335

This educational program **Begins Thurs, Sept. 19, 2019, 2:00 – 3:30pm**
and meets every Thursday for 10 Weeks. SIGN UP NOW!

(AMP) Aging Mastery Program[®] encourages mastery—developing behaviors that lead to improved health, stronger financial security, and overall well-being.

By participating in this valuable educational program, you will:

- Learn from the professional “experts” valuable information and techniques to live a longer, happier, healthier, safer & well cared for life!
- Make and maintain impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.



RSVP & Questions: Contact SSG Simi Valley Chapter
Anna Thukral 818-571-2870 or Candy Watson 661-877-1377
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www.foundationforseniorservices.org

818-691-2621