



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 on your Home Computer!

Next Series Begins July 7th and meets Tuesdays & Thursdays for 5 Weeks

CLICK HERE TO REGISTER for Afternoon session from 2:00pm – 3:30pm

(AMP) encourages mastery—developing behaviors that will lead to improved health, stronger financial security, and overall well-being.

By participating in this **FREE** educational community service 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, security and enrichment in later life.
- Get incentives & rewards for taking small steps to improve your overall well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.



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The Non-Profit Foundation for Senior Services and Senior Specialists Group is **presenting a free series of classes to mature 55+ adults.** Learn how to live a longer, happier, healthier and safer life.

Presented right from your Home Computer or Smart Phone!

Navigating Longer Lives: The Basics of Aging Mastery	Introduction to the program and its philosophy, with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, and quality of life.
Exercise and You	Discussion of the importance of aerobics, strengthening, flexibility, and balance as they relate to aging, with a focus on strategies for incorporating physical activity into daily routines.
Sleep	Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.
Healthy Eating and Hydration	Review of nutrition as it relates to aging, with a focus on strategies for incorporating healthy eating and hydration into daily routines.
Financial Fitness	Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and family.
Medication Management	Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.
Advance Planning	Guidance around key steps needed to manage health care, financial, and housing/care decisions, with a focus on considering the role of personal values and beliefs in these decisions.
Healthy Relationships	Exploration of the benefits of being socially active, as well as the risks of isolation, with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.
Falls Prevention	Overview of the importance of falls prevention among older adults, and strategies to prevent falling.
Community Engagement	Introduction to the value of continuing contribution for individuals and for society, with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

Our Mission: The Foundation for Senior Services is a 501(c)3 public charity providing seniors and their families with education and services to provide quality care and assistance to preserve their independence. We help seniors navigate the complex and confusing array of issues so they can receive the care needed to live safely and well cared for. We help seniors in their communities, without consideration of social and cultural differences.

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