

Get the Most Out of Living Longer

Aging Mastery Program®



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.

Join the 150+ people who have enjoyed this remarkable program!

Aging Mastery® Curriculum Includes:

- ★ Navigating Longer Lives: The Basics of Aging Mastery
- ★ Exercise and You
- ★ Healthy Eating and Hydration
- ★ Fall Prevention
- ★ Financial Fitness
- ★ Medication Management
- ★ Sleep
- ★ Advance Planning
- ★ Community Engagement
- ★ Healthy Relationships

***FREE to
individuals 55
and older***



September 9th—October 14th, 2021

Thursdays, 9:30-11:30am

Waushara County Courthouse, Lower Level

Registration contact:

Waushara County Department of Aging

920-787-0403

Every effort will be made to accommodate attendees in need of transportation to the classes.