



Aging Mastery Program®

National Council on Aging

Join the adventure!



Aging Mastery Program® (AMP) coming to your area soon! Brought to you by the Aging & Disability Resource Center of Adams, Green Lake, & Waushara Counties, Inclusa, UW Extension Green Lake, & Winnebago County Health Department.

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Join us, as we meet new friends and encourage each other as we take the Aging Mastery journey together!

What: Aging Mastery Program® (AMP) 6-Week Workshop

Where: Zoom Video Platform – Training Available

When: Wednesdays, 9 am – 12 pm. June 30 thru August 4, 2021

Limited spots available: Sign up now!

Program Dates: Wednesday, June 30 thru August 4, 2021

Registration Deadline: Wednesday, June 23, 2021

Register Electronically Here: [AMP Registration](#) , or RSVP:

Kari Enders (877.622.6700) or Kari.Enders@Inclusa.org

Topics Presented by Local Expert Speakers:

- Navigating Longer Lives
- Caregiver Perspectives; Assessing Needs
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Caregiver Playbook: Planning Connecting, and Doing
- Community Engagement

The Aging Mastery Program® will be available for free thanks to a grant from Greater Wisconsin Agency on Aging Resources (GWAAR). Sign up now!

FREE (\$290 VALUE)



Public Health
Prevent. Promote. Protect.
Winnebago County Health Department



www.ncoa.org/AMP

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