

# Aging Mastery Program®

Join the adventure!



## Aging Mastery Program®

*National Council on Aging*

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. By participating in this program, you will:

- 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.
- Participants in AMP go through a 10-week core program covering the following topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating & Hydration, Falls Prevention, Medication Management, Financial Fitness, Advanced Planning, Healthy Relationships, and Community Engagement.

**Spring Session:** Tuesdays, March 28 – May 30

**Time:** 12 p.m. – 1:30 p.m.

**Location:** Steeple Center (Room 200), 14375 South Robert Trail, Rosemount

**Cost:** \$30 (includes lunch at each session!)

**Register by:** Tuesday, March 21



### Registration Options:

- Register online at [www.ci.rosemount.mn.us](http://www.ci.rosemount.mn.us)
- Drop a completed registration form with payment in the drop box outside the office at the Steeple Center (14375 S. Robert Trail)
- Register in person at the Parks & Rec office in the lower level of the Community Center