

# Aging Mastery Program®

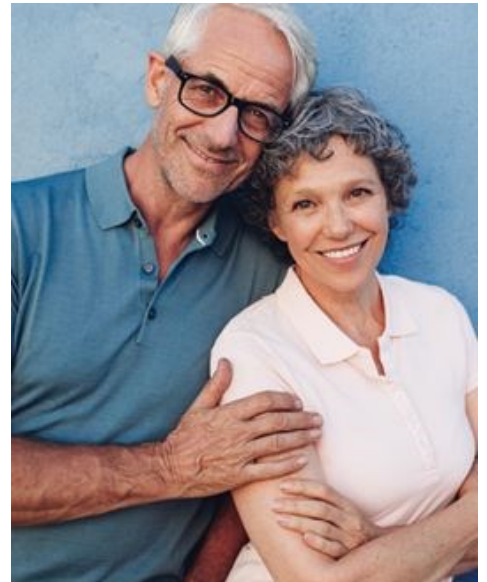
Join the adventure!

## Who needs AMP?

Retirement age adults who plan to live another 10—30 years

## What will I gain?

AMP encourages mastering behaviors that lead to improved health, stronger financial security, and overall well-being through small but impactful changes.



- ◇ Meet new friends, find opportunities for community involvement
- ◇ Local experts will provide valuable resources that you can use for many years

**January 7—February 11**

**Mondays, 5-8pm**

**No Class January 21**

**Warner Park Community Recreation Center**

**1625 Northport Dr**

**Call 266-6581 for information on fees and to register.**

**Limited Spots. Sign up now!**