



Aging Mastery Program[®]

National Council on Aging



You are invited to participate in a fun, interactive, virtual 10-week workshop that helps participants improve their well-being and celebrate longevity!

Aging Mastery Program[®]

Join the adventure!

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.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.
- Receive the Aging Mastery Program Core Curriculum Handbook, Go4Life exercise DVD, and countless resources.

Programs are made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/Aging and Adult Services Agency through the Area Agency on Aging 1-B.

Upcoming Virtual Workshop

Attend a VIRTUAL WORKSHOP in partnership with the Sterling Heights Senior Center using GoToMeeting from a computer, tablet, or smartphone!

**Participants must have internet and web camera functionality to participate.*

Dates:

Mondays

10/5/2020 – 12/7/2020

Orientation will be held on Monday, September 28, 2020 at 2:30PM.

Workshop is held for 10 weeks

Time:

2:30 PM – 4:00 PM

No Cost; Donations accepted

Space is limited

Pre-registration is required. To register, email wellnessprograms@aaa1b.org or call (833) 262-2200. Meeting room link will be provided once registered.

“This program was very uplifting. I learned that the aging process can be done gracefully. I am working on a plan for the future to share with my family.” – AMP Participant

