

LIVE BETTER WITH THE



AGING MASTERY PROGRAM



Join the Adventure!

Baby Boomers and older adults are invited to attend the Aging Mastery Program's (AMP) fun, engaging, innovative, classes! As part of the course you will make and maintain small changes in 3 key aspects of your life: Physical Health, Financial Health, and Life Enrichment. Class topics include:

AMP Class	Class Date 2017	Speaker	Represents
Navigating Longer Lives: The Basics of Aging Mastery	October 12	Catherine Kiener	Port Washington Senior Center
Exercise and You	October 12	Greg Ehlers	Concordia University
Falls Prevention	October 19	Craig Howe, Physical Therapist	Columbia St. Mary's
Sleep	October 19	Karen Block	Endeavor Therapy & Sleep Center
Financial Fitness	October 26	Mary Albrecht & Roberta Campbell	Port Washington State Bank
Medication Management	November 2	John Jankowski, Pharmacist	Ye Old Pharmacy
Healthy Eating and Hydration	November 2	Donna Yellen	Heritage Nursing & Rehab Center
Community Engagement	November 9		
Healthy Relationships	November 9	Rev Lex Cade-White	Hospice Compassus
Advance Planning	November 16	Mark Repenshek, PhD	Ascension Wisconsin
Communicating w/Doctor [elective] & Graduation	November 30	Terry Kabitzke-Groth MS, BSN, RN	Aurora Medical Centers

October 12, 2017 – November 16, 2017 at 3:00PM - 5:45PM

403 West Foster Street, Port Washington, WI. 53074

Attendees pay only \$25.00, a savings of \$75.00, due to scholarships. Reference materials and light refreshments included. Space is limited; please register at the Port Washington Adult Community Senior Center, 403 West Foster St. or by calling 262-284-5821.

