

Port Washington Adult Community
& Senior Center Presents:

LIVE BETTER WITH THE AGING MASTERY PROGRAM



Join the Adventure!

Baby Boomers and other adults are invited to attend the Aging Mastery Program's (AMP) fun, engaging, innovative, classes!

You will make and maintain small changes in 3 key aspects of your life: Physical Health, Financial Health, and Life Enrichment

Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Class topics include:

Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advance Planning, Healthy Relationships, Falls Prevention, Community Engagement and an elective class on Communicating with Your Doctor.



September 26, 2019 – Nov 14 (no class Nov 7), 2019

[elective & graduation class on Nov 14] ~ 3:00 - 5:45 pm

Port Washington Adult Community & Senior Center

403 West Foster Street, Port Washington, WI

Attendees pay \$30.00 (Value \$150), reference materials and light refreshments included. Financial Scholarships available if needed.

Space is limited: please register at the Port Washington Adult Community & Senior Center, 403 West Foster Street or by calling 262-284-5821.

