Aging Mastery Program®

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National Council on Aging

The Aging Mastery Program ® (AMP®) encourages developing behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being. Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Ten sessions include:
- Navigating Longer Lives
- Financial Fitness
- Healthy Eating and Hydration
- Medication Management
- Sleep
- Exercise and You
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Virtual Program starting
Wednesdays, October 7
9:30am to 11:00am
$49 per person

This course is offered on Zoom®, an online video conferencing platform.

Funding for the Aging Mastery Program was provided in part by George H. Nettleton Home, Inc.

Thank you to our supporting program sponsor:

Professional Hearing Center
A Division of Ascential Physicians Group LLC

For more information call (913) 826-2975
or visit www.jcprd.org.