

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



THANK YOU TO OUR ...

FOUNDING PROGRAM SPONSOR



BRIDGEQUEST
WEALTH STRATEGIES

SUPPORTING PROGRAM SPONSOR



Tuesdays starting March 5th

9:30am to 11:00am

\$45 per person

Antioch Park

6501 Antioch Road

Merriam, KS



For more information call (913) 826-3054
or visit www.jcprd.org.

National Gold Medal Award Winner for Excellence!

