EXTENSION HELPS OLDER ADULTS MASTER AGING

If improving your health and well-being is a goal, consider joining the fun and innovative Aging Mastery Program® (AMP)!   AMP empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Using the program developed by the National Council on Aging (NCOA), educators from UW-Madison Division of Extension in Dane and Iowa Counties will be offering this **FREE** ten-session health and wellness program to older adults to help them build their own playbook for aging well.

Class topics include:
- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Aging well means caring for the whole you. Join us online for our upcoming, free Aging Mastery classes.

The ten-class series will be held over five weeks on **Mondays and Thursdays, September 27th through October 28th, 11:00am-noon.** The **FREE** classes will be offered via Zoom and participants will be able to connect via computer or phone. Registrations will be accepted through September 20th so materials and connection information can be provided to participants before the first session. Click here to register**:** https://www.eventbrite.com/e/aging-mastery-program-series-tickets-168470161789

If you are interested in learning more about the program, e-mail the facilitators at deb.neubauer@wisc.edu or ruth.schriefer@wisc.edu, or call your county Extension office below:

- Dane County at 608-224-3722
- Iowa County at 608-930-9850