

Aging Mastery Program®

Join the adventure!



The Rose Centers for Aging Well will be running the Aging Mastery Program® from the National Council on Aging at:

BEACHWOOD COMMUNITY CENTER
25325 Fairmount Boulevard, Beachwood, OH 44122
Fridays at 9:30am
Beginning September 15, 2017

The 10-week Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors to promote improved health, and overall well-being.

By participating in this program, you will:

- Make and maintain small but important changes in your health behaviors, financial well-being, and social engagement.
- Get incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

LIMITED SPACE – SIGN UP NOW!

Program is free, but registration is required by Sept 8

More information at: www.benrose.org/amp



Program is presented through One Call for Wellness, a coordinated programming initiative funded in part through a Senior Center Innovation Grant awarded by the Cuyahoga County Division of Senior and Adult Services through the Health & Human Services Levy.



Please RSVP to Beachwood Community Services at (216) 595-3733 if you are interested.