

# Aging Mastery Program®

Join the adventure!



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

## SENIOR CITIZEN RESOURCES

3100 Devonshire Rd, Cleveland, OH 44109

**Thursdays at 1:00pm**

**Beginning September 7, 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. 1

More information at: [www.benrose.org/amp](http://www.benrose.org/amp)  
[www.city.cleveland.oh.us/aging](http://www.city.cleveland.oh.us/aging)



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.



CITY OF CLEVELAND  
Mayor Frank G. Jackson



Please call Senior Citizen Resources  
to RSVP at (216) 749-5367

