

Aging Mastery Program®

National Council on Aging



Presents the Aging Mastery Program®.

Build your own personal playbook for aging well. This fun, innovative program empowers you:

- improve your well-being
- strengthen ties to your community
- meet new friends
- provide encouragement to one another

**Fox Valley Advance Care
Planning Partnership**

www.fvacpp.org
(920) 997-8412



You Will Learn About:

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

www.ncoa.org/AMP



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