

# 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:

## West Side Community House

Healthy Aging Center

9300 Lorain Avenue

Wednesdays 11:00 a.m. – 12 noon

Beginning Wednesday, October 3

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 Wednesday, September 26.**

More information at: [www.benrose.org/amp](http://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 WSCH Healthy Aging Director, Yvette Medina, at (216) 771-7297, ext. 303 or [ymedina@wschouse.org](mailto:ymedina@wschouse.org). You also may register at WSCH's Healthy Aging Center (see address above).