

"The longer I live the more beautiful life becomes."
-- Frank Lloyd Wright



Aging Mastery Program® *National Council on Aging*

The Aging Mastery Program® (AMP) encourages *mastery* – to empower older adults to make and maintain small changes that will help lead to improved health, stronger financial security, and overall well-being. Guest experts discuss:

Healthy Eating & Hydration
Medication Management
Community Engagement
Healthy Relationships

Exercise & You
Sleep
Advance Planning
Navigating Longer Lives

Falls Prevention
Financial Fitness

Monday, 12:30 – 2:00 p.m.
April 2 – June 18, 2018

Draper Senior Center
1148 E Pioneer Road
Draper
385-468-3330

Wednesday, 5:30 – 7:00 p.m.
April 18 – June 27, 2018

Government Center
South Building, S2-830
2001 S State Street
Salt Lake City
(385) 468-3015

Monday, 12:30 – 2:00 p.m.
February 5 – April 23, 2018

South Jordan Senior Center
10778 S Redwood Road
South Jordan
(801) 302-1222

\$75/person* (150 points for completion)

*Fee waived if SLCo employee or Healthy Lifestyles participant



Contact Judy Madsen, Health Educator
at (385) 468-3081 or jhmadsen@slco.org
to register or for more information.