

Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging



The Regional YMCA of Western Connecticut will be running the Aging Mastery Program® at Danbury Senior Center.

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Meet weekly for 1.5 hrs. with expert speakers and facilitators.
- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Get REAL 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 spots available: Sign up now!

The program will launch on September 12th through November 21st at 10:30 am. Participants must be registered by September 5th, 2017. This program is free to Danbury residents. The fee for non-Danbury residents is \$60



Please register for the program at the main desk at Elmwood Hall
Call 203-797-4686 or email s.tomanio@danbury-ct.gov
For Program Questions only, contact Maureen Farrell, YMCA at
(203) 740-3432 ext. 236

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