

# Aging Mastery Program®

Join the adventure!



The Benjamin Rose Institute on Aging with support from the Anthem Foundation will be running the Aging Mastery Program® from the National Council on Aging at:

***Community Partnership on Aging – Lyndhurst Community Center***  
***1341 Parkview Drive Lyndhurst, Ohio 44124***  
***Mondays, April 13<sup>th</sup> – May 18<sup>th</sup>, 2020***  
***12:30-2:00pm***

The 6-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.

**Classes begin on April 13<sup>th</sup>!**

If you are interested in attending our Community Lunch served at 11:45 am (before class) please make your reservations by 4/8.



**LIMITED SPACE – SIGN UP NOW BY  
CALLING CPA at (216) 650-4029!**

