

Join the adventure!



Aging Mastery Program®

National Council on Aging

Are you a master at aging? 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:

- 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.



Program begins Tuesday, February 18 at 10 a.m. and lasts for 10 weeks.
Sign up soon as space is limited

Brookfield Senior Center

100 Pocono Road

203-775-5308 or contact ncronin@brookfieldct.gov for more information