



Aging Mastery Program®

National Council on Aging

Join the adventure!



Inclusa, in partnership with ARDC of the North & UW Madison Extension will be hosting the Aging Mastery Program® (AMP) in your area soon!

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uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Feel better today and stay healthy for your future. We are committed to supporting lives well lived in communities across Wisconsin!

Local Experts Present

- Navigating Longer Lives
- Caregiver Perspectives; Assessing Needs
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
- Caregiver Playbook: Planning Connecting, and Doing

Register Today - Limited Spots Available!

WHAT: Aging Mastery Program® 12-Week Workshop

WHEN: July 13 – September 28, 2022

TIME: Wednesdays, 9:00 am – 11:30 am

WHERE: Northern Great Lakes Visitor Center, Ashland, WI
OR Online via Zoom

REGISTER BY WEDNESDAY, JULY 6:

[AMP Registration Form](#) or

RSVP Heidi Ungrodt (715-682-7017)

heidi.ungrodt@wisc.edu



Contact us if you need help getting to and from the Visitors Center!

Offered FREE of Charge

[Click here for more program information.](#)



www.ncoa.org/AMP

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