

oin 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!

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!

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:

RSVP Heidi Ungrodt (715-682-7017) heidi.ungrodt@wisc.edu



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

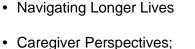
AMP Registration Form or







www.ncoa.org/AMP © 2017 National Council on Aging. All rights reserved.



Local Experts Present

- **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

Offered FREE of Charge

Click here for more program information.

