



AMP **Aging Mastery Program®**
National Council on Aging

THURSDAYS: MARCH 14 - MAY 23 (10 workshops & finale celebration)
10:30am – Noon **Farioly Program Room**
For those 65 and older

The Aging Mastery Program® (AMP), created by the National Council on Aging, encourages mastery-developing behaviors across many dimensions that will lead to **improved health, stronger financial security, and overall well-being**. The program was developed by the National Council on Aging and the Danbury Library program is coordinated and facilitated by the Regional YMCA of Western CT.

By participating in this free 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, and
- ◆ Meet new friends, provide support and encouragement to your peers, and become more involved in your community!

FREE! REGISTRATION IS REQUIRED BY Thurs., Feb. 28th. Register ONLINE at danburylibrary.org, click "View Calendar" OR CALL 203.797.4505 x 7730.

Questions about the program? Contact Maureen Farrell, YMCA Director of Community Wellness, at 203.740.3432 x 236.

Program Partners:

Partial funding for the Danbury Library program provided by:

Additional financial supporters include:



Danbury Library

170 Main Street, Danbury CT 06810 • 203.797.4505 • danburylibrary.org