



# Aging Mastery Program®

National Council on Aging

## Join the adventure!



### 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
- Caregiver Playbook: Planning Connecting, and Doing
- Community Engagement

In partnership, Calumet, Outagamie, & Waupaca ADRC, Inlusa, & UW Extension Outagamie County will be hosting the Aging Mastery Program® (AMP) in your area soon!

**B**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. Join the adventure. We are committed to supporting lives well lived in communities across Wisconsin!

### Register Today Limited Spots Available

**WHAT:** Aging Mastery Program® (AMP) 12-Week Workshop

**WHEN:** February 2 – April 20, 2022

**TIME:** Classes Held Wednesdays, 9:00 am – 11:30 am

**WHERE:** Zoom Video Platform – Training Available

**REGISTER ELECTRONICALLY:** [AMP Registration Form](#) or, RSVP Coleen Hillskotter (877-622-6700)

[Coleen.Hillskotter@Inlusa.org](mailto:Coleen.Hillskotter@Inlusa.org)

**REGISTRATION DEADLINE:** Monday January 26, 2022

Offered **FREE** of Charge  
(\$290 VALUE)

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



[www.ncoa.org/AMP](http://www.ncoa.org/AMP)

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**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
OUTAGAMIE COUNTY