



Aging Mastery Program®

National Council on Aging

**August 7, 14, 21, 28; September 4, 11, 18, 25; October 2, 9,
October 16-Graduation**

Wednesdays from 10:00 -11:30 a.m.

Avon Senior Center

the
CT HEALTHY LIVING
collective

Getting Connecticut AMP®ed! The Connecticut Healthy Living Collective is participating in the statewide initiative to implement the Aging Mastery Program®. The Aging Mastery Program® (AMP) is a 10-week evidence-based program developed by the National Council on Aging. Aging Mastery Program is a fun and engaging education and behavior change incentive program for aging well.



The Connecticut Healthy Living Collective has been selected to partner with the National Council on Aging to bring AMP to scale in an initiative funded in part by the Anthem Foundation. Avon Senior Center is one of the sites that was chosen to partner with the Connecticut Healthy Living Collective to implement the Aging Mastery Program®. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. AMP incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give participants the skills and tools to achieve measurable improvements. This program is free and open to the public! Come and join us! Please call the Avon Senior Center at 860-675-4355 to sign up.

