

Aging Mastery Program®

Join the adventure!



The Benjamin Rose Institute on Aging with support from the Anthem Foundation will be running the Aging Mastery Program® from the National Council on Aging at:

***Ellenwood Center
124 Ellenwood Ave. Bedford, Ohio 44146***

***Tuesdays 1:00-2:30 PM
Beginning January 14, 2020***

The 6-week Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors to promote improved health, and overall well-being.

By participating in this program, you will:

- Make and maintain small but important changes in your health behaviors, financial well-being, and social engagement.
- Get incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

LIMITED SPACE – SIGN UP NOW! CALL 440-735-6570



Please RSVP to Bedford Parks & Recreation at (440) 735-6570 or recreation@bedfordoh.gov if you are interested.