

JOIN US FOR THE “SNEAK PEEK” OF THE AGING MASTERY PROGRAM – SENIOR PLANET COLORADO

Are you interested in exploring how you can get the most out of your next fifty years? Join us for the sneak peek of the [Aging Mastery Program](#) (AMP) designed by the [National Council on Aging](#). This short course, which uses the [AMP Starter Kit](#), will give you the resources to help navigate a longer life and guide you through six key dimensions of aging well.

As children, we are taught how to be successful adults. By contrast, no one teaches us how to age well. As a result, most are not fully prepared for this new stage of life. That is where Aging Mastery comes in. We will walk through the AMP Playbook for aging well helping YOU make the most of the gift of a longer life.

Date: August 18th and August 25th, 2021
Time: 10 am to 11:00 am (each session is 60 minutes long)

Register in advance for this meeting:

<https://us02web.zoom.us/join/zoom/register/tZ0tcOCsrTqiE90cZU9b6nnpjrber-WD5avQ>

If you are interested in receiving a free copy of the AMP Starter Kit, please provide your mailing address when you register. A zoom link will be sent one day before the first class. The class is available to the **first 25 Coloradans that register**.

We'll discuss the six dimensions of Aging Well and explore what the Starter Kit Offers!



The Aging Mastery Program is presented as a Community Benefit Program of SCL Health.