

# Aging Mastery Program®

## Join the VIRTUAL adventure!



## Aging Mastery Program®

National Council on Aging



CT Healthy Living  
COLLECTIVE

**The Glastonbury Senior Center and the CT Healthy Living Collective will be running a VIRTUAL Aging Mastery Program® starting September 16, 2020.**

The Aging Mastery Program® (AMP) encourages mastery – developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in the VIRTUAL AMP, 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.
- Feel less isolated, more connected and meet new friends!
- Receive a tool kit complete with the Aging Mastery Manual, an Exercise DVD, a Pen and a complementary shopping bag with the Aging Mastery Logo.

**Limited spots available: Sign up now!**

This 10-week program will run from September 16, 2020 through – November 18, 2020  
10:00 am – 11:30 am

This is a virtual class to be held on-line through Zoom. You will need a computer or smartphone with a camera and a microphone. If you need help with Zoom, we will work with you!

*The goal of the class, created by the National Council on Aging (NCOA) and sponsored by the Anthem Blue Cross and Blue Shield Foundation, is to empower older adults with the knowledge to make important decisions that will allow them to age well. Topics of the sessions include Navigating Longer Lives, Physical Activity, Sleep, Healthy Eating and Hydration, Financial Fitness, Medication Management, Advanced Planning, Healthy Relationships, Falls Prevention and Community Engagement.*



Anthem Blue Cross and Blue Shield Foundation



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To reserve your space, please email Diana Patterson -  
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For more information contact Patti White: (860)652-7646