

# Grinnell Hall

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## FOR IMMEDIATE RELEASE

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March 27, 2017—Don't miss this unique opportunity to be a part of an exclusive group of adult learners who have graduated from the **Aging Mastery Program**. This program is the only one of its kind offered in Rock County and there currently are only 13 locals offering it in the whole state of Wisconsin. The opportunity is made possible by a grant awarded to the Grinnell Senior Center from the National Council on Aging. 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 this program, you will:

1. Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
2. Get REAL incentives and rewards for taking small steps that can improve your well-being.
3. Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

The class is five weeks long with 10 classes and runs from **Thursday, April 6** through **Thursday, May 4**. Classes are held each Thursday for five weeks from 11:00 - 2:45 p.m. , with a half hour lunch included. The normal cost of this class is **\$99.00**, but due to the grant, we are able to offer this program **FREE of CHARGE** to just 30 people for this final session.

In this five week session we will cover topics like, Financial Fitness, Falls Prevention, Sleep, Exercise and You, Navigating Longer Lives, Community Engagement and more. Each class will have a speaker from the local community who specializes in that area.

The Aging Mastery Program aims to help millions of Baby Boomers and older adults take key steps to improve their well being, add stability to their lives and strengthen ties with the community.

Call 608-364-2875 to register.

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