

EXTENSION HELPS OLDER ADULTS MASTER AGING

The UW-Madison Division of Extension in Green, Iowa, and Lafayette Counties will be offering an innovative new ten-class health and wellness program to aging adults. The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

AMP is a fun and innovative educational 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. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

Class topics include:

- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Aging well means caring for the whole you. Join us online for our upcoming, free Aging Mastery classes.



The ten-class series will be held over five weeks on **Tuesdays and Thursdays, September 29 through October 29, 11:00am-noon**. Rather than meeting in person, the classes will be offered via Zoom and participants will be able to connect via computer or phone. Registrations will be accepted through September 25 so materials and connection information can be provided to participants before the first session.

If you are interested in learning more about the program, or to register, e-mail the facilitators at hannah.mcmunn@wisc.edu or ruth.schriefer@wisc.edu, or call your county Extension office below:

- Green County at 608-328-9440
- Lafayette County at 608-776-4820
- Iowa County at 608-930-9850

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