



Aging Mastery Program®

National Council on Aging



JOIN THE ADVENITURE!

The Cattaraugus County Department of the Aging is now offering the Aging Mastery Program® in OLEAN.



The Aging Mastery Program® is a 10 session course for people 55 years or older. The course features ten classes to address individual concerns regarding medications, health & wellness, legal planning, financial fitness, insurance, relationships, sleep issues, and more. With professional guest speakers, class participants are able to consult with experts in developing plans for the future and living a fuller life now.

Classes will be provided with food and gift incentives. This course is free of charge.

AMP CLASS SCHEDULE (12:30 - 2:00 p.m.):		
Olean John Ash Sr. Center, 112 N. Barry St., Olean, NY 14760		
Tuesday, April 9	Wednesday, April 24	Thursday, May 9
Tuesday, April 16	Wednesday, May 1	Tuesday, May 14
Thursday, April 18	Thursday, May 2	(Graduation)
Tuesday, April 23	Tuesday, May 7	

LIMITED SPOTS ARE AVAILABLE: SIGN UP NOW!

Reservations are required for this class and space is limited.

Call Cathy Mackay at the Department of the Aging at 716-373-8032 to register.