



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 PORTVILLE.



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 (9:00 - 10:30 a.m.)		
Masonic Temple, 14 Temple Street, Portville, NY 14770		
Monday, April 8	Monday, May 6	Monday, June 3
Wednesday, April 17	Monday, May 13	Wednesday, June 5
Monday, April 22	Monday, May 20	(Graduation)
Wednesday, May 1	Wednesday, May 29	

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.