



1130 ½ 7th St NW ste 205
Rochester MN 55901
507-285-5272

Press Release

For immediate release

September 13, 2024

Elder Network offers Free AGING MASTERY workshop for adults 55 years of age and better - 7 Week Series to start October 2nd, 2024

Give yourself something to look forward to on October 2nd-other than winter!!

Join Elder Network hosts as we embark on an adventure in Aging Mastery!

The Aging Mastery Program® (AMP) informs, encourages, and supports participants in taking steps to improve their life and engage in the community. The program empowers people to make and maintain small but impactful changes. It incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to build skills and tools to manage health, maintain economic security, and contribute in society. Developed by the National Council on Aging.

Utilizing the Aging Mastery playbook (AMP) toolkit, at no cost to participants, this interactive journey on aging well will be presented in a book club format by Elder Network staff. Topics include gratitude and mindfulness, health and wellbeing, finances and future planning, connections and community, creativity and learning, legacy and purpose. Aging Mastery helps participants create a plan through a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction.

This series is a 7-week study that will take place on Wednesdays from 1:30-3:00pm beginning October 2nd through November 13th, 2024 at Forte Living 3955 Superior Dr NW, Rochester, MN

Please register by September 26th to ensure delivery of your Aging Mastery toolkit before the start date of October 2nd.

To register: Please sign up by calling Elder Network at 507-285-5272 or e-mail dawnh@elder-network.org. Class hosted by Kate Jirik and Kathy Scheid

For further information please contact:

Elder Network at 507-285-5272 or e-mail dawnh@elder-network.org

We look forward to embarking on this journey toward aging well with you!

###