



**Aging Mastery Program®**

*National Council on Aging*

## **ACTION STEPS TO AGE WELL**

***Join Bonnie and Alethea  
for this Adventure in Aging Mastery!***

Elder Network is pleased to offer Aging Mastery Program® (AMP).

This eight-week class meets once a week for 2 hours.

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your quality of life, add stability to daily living, and strengthen ties to your community. Each class adds a new chapter to your personal playbook for aging well. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

**This class meets weekly on Tuesdays.**

**When: March 3rd to April 21<sup>st</sup>, 2026**

**Time: 1:00 PM - 3:00 PM**

**Where: Lake City Public Library, 201 S High St., Lake City, MN**

Register prior to 3-3-2026, to reserve your book-received at the first class.

\*First 12 to register are guaranteed a book.

The class is free but pre-registration is required.

Give us a call or email to register Today!

Contact Elder Network for more information or to register today!

**Phone: (507) 285-5272**

**Email: [dawnh@elder-network.org](mailto:dawnh@elder-network.org)**



**The book is free and brought to you by:**

**The Lake City Public Library**

**This class is free and brought to you by:**

**South Country Health Alliance**