



Aging Mastery Program®

National Council on Aging

ACTION STEPS TO AGE WELL

***Join Jen and Pa Cha
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 ninety minutes.

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 Wednesdays.

When: April 8th to May 27th

Time: 12:30 PM - 2:00 PM

Where: Forte Living, 3955 Superior Dr NW, Rochester, MN

Register prior to 4-1-2026, to get your starter kit in time for the first class.

The class is free but pre-registration is required.

Give us a call or email to register Today!

Suggested \$15 donation for course book.

Contact Elder Network for more information or to register today!

Phone: (507) 285-5272

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This book club is brought to you by
**Southeastern Minnesota
AREA AGENCY on AGING**