

join us for the  
**Aging Mastery Program<sup>®</sup>**

AMP up your life! Boost your health, happiness, and financial security through fun and engaging activities. With expert guidance and peer support, you'll **master the art of aging well.**

**The adventure  
begins  
September 26<sup>th</sup>!**

For anyone age 55+

Class meets  
**Tuesdays & Thursdays  
Sept 26 – Oct 29, 2024**

**5:00 – 6:30 p.m.**  
Adams Village Apts.  
Community Room  
350 E. Liberty St., Adams



**Snacks and  
Refreshments  
provided!**

**RSVP**

by Sept 20 to **608-339-4237**  
or email Sheila at [sgmichels@wisc.edu](mailto:sgmichels@wisc.edu)



Aging  
**Mastery**



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
ADAMS COUNTY