



# Aging Mastery Program®

National Council on Aging

## Aging Mastery Program® for Caregivers



Sponsored by Boulder County Area Agency on Aging, the **Aging Mastery Program®(AMP) for Caregivers** educates caregivers about the impacts of caregiving and provides tools to stay healthier and happier throughout the caregiver journey.

- Create your own playbook for aging well via actionable goals, sustainable behaviors, and peer support, all in the context of your life as a caregiver.
- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

**Thursdays, 1:30 - 4 p.m.**  
**Feb. 21 - March 28, 2019**  
**1130 S. Kestrel Lane, Louisville**

**Mondays, 1:30 - 4 p.m.**  
**March 25 - April 29, 2019**  
**St. Vrain Hub, 515 Coffman, Longmont**

Program offered free of charge. For more information or to register call  
[mpruitt@bouldercounty.org](mailto:mpruitt@bouldercounty.org) or 303-441-3599



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Programs & Services for Healthy Living

**303-441-3599**

[www.BoulderCountyHealthyAging.org](http://www.BoulderCountyHealthyAging.org)