



Aging Mastery Program®

National Council on Aging

Aging Mastery Program® Registration Form

The Aging Mastery Program® (AMP) will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

What you will gain from the program:

- ✓ Information to help you make small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- ✓ Real incentives and rewards for taking small steps that can improve your well-being.
- ✓ A chance to meet new friends, provide support and encouragement to your peers, and become more involved in your community.

What the program requires of you:

- ✓ Commitment to attend at least 7 (but hopefully more!) of the 10 ninety-minute classes.
- ✓ Following up after each class with Action Steps specific to that class topic.

PARTICIPANT REGISTRATION INFORMATION

Full Name: _____

Mailing Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Telephone: (____) _____ - _____ Email: _____

REGISTRATION FEES

\$65.00 (If 80% of the classes are completed, the participant will receive a \$60.00 refund upon Graduation.)

PAYMENT METHOD: Please check appropriate box: Check Cash

Make checks payable to: **Senior Services of Central Illinois** (Please write AMP in the memo line.)

Registration confirmation/receipt and further information will be mailed.

Please mail completed registration form with payment to:

Senior Services of Central Illinois

Attn: Tessa French

701 W. Mason

Springfield, IL 62702

Note: All registrants will receive program materials on the first day of class.