



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, 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

PLEASE CHECK APPROPRIATE REGISTRATION FEE:

Center Member
Nonmember

		POSTMARKED & PAID	
		BEFORE/ON _____	AFTER _____
<input type="checkbox"/>	\$ 20.00	<input type="checkbox"/>	\$ _____
<input type="checkbox"/>	\$ 30.00	<input type="checkbox"/>	\$ _____

PAYMENT METHOD: Please check appropriate box: Check Cash

Make checks payable to: **The Joslyn Center** .

Please mail or fax completed registration form with payment to:

Terry Cummings, LCSW

Wellness Center Director

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