

# Join the adventure!



## You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

## The Aging Mastery Program®

*will begin soon*

### at Otterbein Green Hills SeniorLife Community!

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the **Aging Mastery** journey together!

**1:30-2:30 pm**  
**Mondays, April 7**  
**through June 16\***  
**in the Community**  
**Center**

\*No class on May 26 (Memorial Day)



### Limited spots available: Sign up now!

The program will **launch on Monday, April 7**.  
Participants must **sign up by Thursday, April 3**.

**To register:** Call the Green Hills RSVP hotline, 937-465-0700, and leave your name, phone number and that you will attend the AMP classes.

For questions, contact Rebecca at  
937-650-7117 or [Rebecca.Marker-Smith@Otterbein.org](mailto:Rebecca.Marker-Smith@Otterbein.org).