

The JCC is all AMP'd Up!

Jewish-Focused Aging Mastery Program

**Begins Wednesday
September 28
6:30-8 pm**

This 12-week program consists of the standard AMP core curriculum "bookended" with classes that connect Jewish spirituality and wisdom with actions proven to improve health and well-being. This program is in collaboration with the Jewish Life Department, headed by Rabbi Ron Symons. Reservations required.

\$118

Safe Home, Healthy Home Aging Mastery Program

**Tuesday,
September 13
6:30-8 pm**

This 1½-hour program highlights the impact of a home environment on a person's health and safety, including a discussion on falls prevention, fire safety and environmental health. Reservations required in the Adult Department Office.

No fee

Coming in the winter of 2016

Caregiver Aging Mastery Program

AMP for Caregivers is a 12-week course that will "wrap around" the successful Aging Mastery Program® (AMP). The program provides caregivers and care recipients with tools to stay healthier and happier in the caregiving journey. It will be offered free of charge thanks to a generous Senior Community Center Grant from the Pennsylvania Department of Aging and will be offered in both Squirrel Hill and the South Hills. Reserve your spot today in the Adult Department office.



AgeWell
at the JCC

AMP
AGING | MASTERY | PROGRAM.

The Aging Mastery Program (AMP)® through AgeWell at the JCC, is developed by the National Council on Aging (NCOA)