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AGING MASTERY PROGRAM COMES TO SNOHOMISH COUNTY

EVERETT, Wash., March 1, 2016 – The Snohomish County Area Agency on Aging and the Washington Association of Area Agencies on Aging (W4A), in collaboration with the National Council on Aging (NCOA), are pleased to announce a new statewide initiative to offer an innovative new ten-week health and wellness program to Boomers and older adults. The Aging Master Program (AMP) was developed by the NCOA and has been successful at helping older adults build their own playbook for aging well. Thirteen local sites will begin to offer the program in Washington in the spring of 2016. Our local partners in Snohomish County are:

- Lynnwood Senior Center
- Stillaguamish Senior Center

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery: that is, developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

More information on this exciting new opportunity and the programs being offered at our local sites is available at w4a@agingwashington.org or 360-485-9761.

The **Snohomish County Human Services Department** helps all persons meet their basic needs and develop their potential by providing timely, effective human services and building community. Snohomish County Long Term Care and Aging (LTCA) provides community leadership on issues related to aging. LTCA plans, coordinates, and advocates for the development and delivery of a range of services that help older persons and younger adults with disabilities meet their needs and maximize their potential.

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