

Robert P. Astorino, Westchester County Executive

---

## PRESS RELEASE

Ned McCormack, Communications Director (914) 995-2932

Contact: Amanda Modugno (914) 995-3997

**FOR IMMEDIATE RELEASE: August 9, 2017**

### **ASTORINO ANNOUNCES OPEN ENROLLMENT FOR NEW AGING MASTERY PROGRAM** **Innovative classes offered to help older adults enhance longevity**

Westchester County Executive Robert P. Astorino today announced that registration is now open for the Aging Mastery Program (AMP), a new 10-session course designed to help older adults learn how to enrich their longevity by mastering aging with other members of the community. The program will start on **Wednesday, September 6, 2017, at Fordham University's Westchester campus, 400 Westchester Avenue, West Harrison.**

"We're excited to offer a new and innovative program for older adults interested in getting more out of life by engaging with the community and learning how to enhance their longevity," said Astorino. "This is a great opportunity for Westchester's seniors and I encourage our residents to participate in this positive learning experience."

AMP consists of a series of 10 classes, 90 minutes each with a focus across three areas: life enrichment, physical health and financial stability. The program, developed by the National Council on Aging, is offered under the auspices of the Westchester County Department of Senior Programs and Services Livable Communities Program in partnership with Fordham University's Ravazzin Center on Aging and the Hebrew Home at Riverdale. This first series of classes will be offered free of charge with funding support provided by the New York State Office for the Aging.

"This is an opportunity to meet new friends, provide support and encouragement to your peers, and become more involved as a leader in your community," said DSPS Commissioner Mae Carpenter. "Like many of the services we offer, AMP is a valuable program. Please take advantage of these classes and register today."

**The 10-course program will start on Wednesday, September 6, 2017, from 2:30 p.m. to 4:00 p.m. and will repeat on a weekly basis through Wednesday, November 15, 2017. All classes will be held at Fordham University's Westchester campus, 400 Westchester Avenue, West Harrison. Participation is**

**free, but space is limited and an enrollment application is required for registration. Subsequent AMP classes may be subject to a fee.**

For more information and/or to receive an application form, please contact Marikay Capasso at (914) 813-6427 or [mqcq@westchestergov.com](mailto:mqcq@westchestergov.com).

###

*Additional news available at [www.westchestergov.com](http://www.westchestergov.com)*

*Connect with us on Facebook: <http://www.facebook.com/WestchesterGov>*

*Follow us on Twitter: [@WestchesterGov](#)*