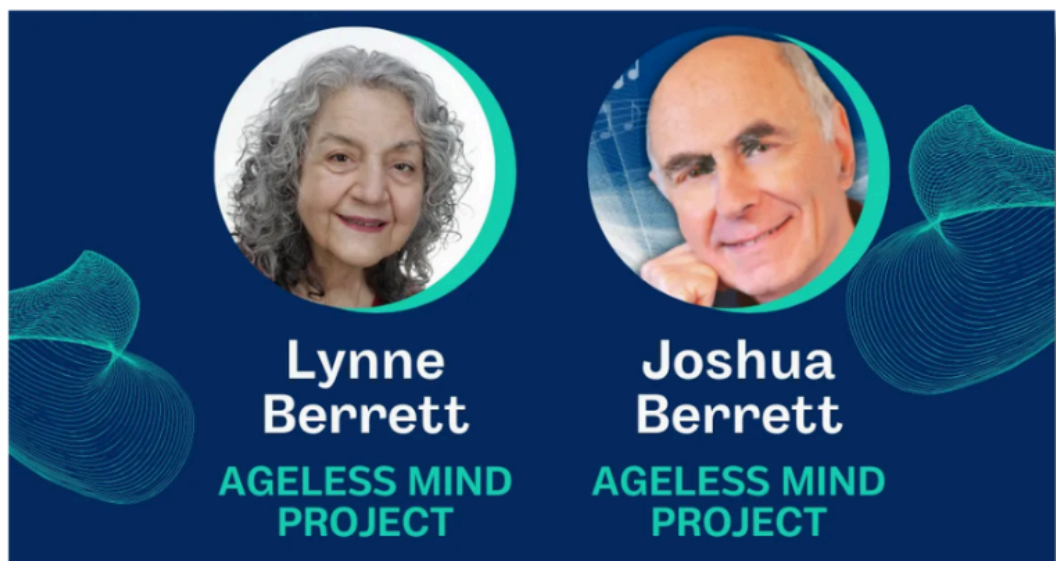




## **A New Frontier In Aging**

(A podcast interview with AMP co-founders Lynne and Josh Berrett)

We are jazzed! Or am I showing my age by using that phrase? Josh and I spent an exhilarating hour on Tuesday August 27th, talking with Dr. Dorian Mintzer on her “Revolutionize Your Retirement” podcast about the many facets of the Ageless Mind Project.

We gave listeners insight into the evolution of the nonprofit Ageless Mind Project from 1995 to the present.

We explained what an “Ageless Mind” is and why it’s a “Project.”

And we described some of the many ways we are carrying out our mission to build a reservoir of resources available to everyone who would like to create a personalized plan for aging well, based on what is being discovered through research in neuroscience, psychology, the arts, medicine, gerontology, and other relevant fields.

We are bringing people together in an online community where everyone can contribute to this common cause by sharing ideas and encouraging each other - to put theory into practice.

We love learning what works for each of us individually by exploring and experimenting together. That's why we think of AMP as a new frontier in aging.

### **INSERT AUDIO FILE**

We hope you enjoy listening to this interview. Let us know what you think. - Lynne Berrett

**P.S.** Watch for our upcoming survey which will help us learn more about you and your needs.

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To learn more about AMP visit: <https://agelessmindproject.org>

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