



Aging Mastery Program®

National Council on Aging

Join the adventure!

Aging well means caring for the whole you. Join us online for our upcoming, free Aging Mastery classes.



You Will Learn About:

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

UW-Madison Division of Extension educators from Green/Lafayette and Iowa Counties will be running the Aging Mastery Program via Zoom soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, adds stability to your life and strengthen ties to your community.

The virtual program will begin on Thursday October 20th, 2022, but participants need to sign up by October 10th.

Register online at: <https://forms.gle/pHJUAAQgoM1xUjTf7>

OR scan the QR Code with your phone.



This **FREE** 10 class series will be held online via Zoom over five weeks on **Mondays & Thursdays** from **10:30am – 12:00pm** beginning October 20th - November 21st, 2022

For more information, contact the facilitators:

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