



# Ageing Mastery Program®

National Council on Aging

## Join the adventure!

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



UW-Madison Division of Extension educators from Green/Lafayette and Iowa Counties are offering the Ageing Mastery Program soon! Join us to build your own personal playbook for ageing 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. You will learn about:

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

Please sign up by Wednesday, January 4<sup>th</sup>, in order to receive the workbook before the series begins.

To sign up, call Iowa County Extension – (608) 930-9850

This **FREE** 10-class series will be held in Darlington and Dodgeville OR online via Zoom on **Thursdays, January 12<sup>th</sup> - March 16<sup>th</sup>, 2023 from 9:30-11am**

For more information, contact the facilitators:

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