



# 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.



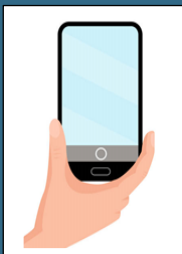
### You Will Learn About:

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

Educators from UW-Madison Division of Extension and the Aging and Disability Resource Center Counties will be running the Aging Mastery Program via Zoom, soon!

**B**uild 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 helps strengthen ties to your community.

The virtual program will begin on Wednesday, July 10<sup>th</sup>, 2024. Participants need to sign up by Wednesday, July 3<sup>rd</sup>, in order to receive the workbook.



Register by calling  
Green County Extension –  
(608) 328-9440

← OR scan this QR code

This **FREE** class series will be held online, via Zoom, over a period of 10 weeks.

**Wednesdays**  
**5:30pm – 7:00pm**  
**July 10<sup>th</sup> through**  
**September 11<sup>th</sup>, 2024**

For more information, contact the facilitators:

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**Extension**  
UNIVERSITY OF WISCONSIN-MADISON