



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.



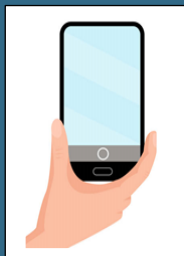
You Will Learn About:

- 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!

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 helps strengthen ties to your community.

The virtual program will begin on Thursday, August 15th, 2024. Participants need to sign up by Thursday, August 8th, 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.

Thursdays
11:30am – 1:00pm
August 15th through
October 17th, 2024

For more information, contact the facilitators:

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