

# Aging Mastery Program®

National Council on Aging



## Presents the Aging Mastery Program®.

Build your own personal playbook for aging well. This fun, innovative program empowers you:

- improve your well-being
- strengthen ties to your community
- meet new friends
- provide encouragement to one another

## You Will Learn About:

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

## Expert Speakers & Light Lunch

5 weeks for  
only \$25!



## Limited spots available: Sign up now! Every Monday

January 22 - February 19 12:00 pm - 2:00 pm  
Fox West YMCA W6931 School Rd, Greenville

Please RSVP: Extension Outagamie County

Deadline: **January 17** Call: **(920) 832-4763**



**Aging Mastery Program**

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**Mielke Family Foundation, Inc.**

