

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
<https://bit.ly/AMPJan24>

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



Aging Mastery Program

brought to you by a generous donation:

Mielke Family Foundation, Inc.

