



Aging Mastery Program®

National Council on Aging

Join the adventure!

The Xenia Adult Recreation & Services Center ~in partnership with the Area Agency on Aging~

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

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

**Fridays, March 27-May 1
(no class on April 10)**

- **10:30-11:30am First Class**
- **Lunch**
- **12:30-1:30pm Second Class**

Classes are free and lunch is just \$4 each week.



The program will launch on Friday, March 27.

**RSVP to Michele Smith by Friday, March 20,
at (937) 376-4353 or
programs@xarsc-seniorcenter.org.**

**Xenia Adult
Recreation &
Services Center**

**338 S. Progress Dr.,
Xenia**