

United Senior Services & the Springfield Area Institute for Lifelong Learning present:

Aging Mastery Program®

National Council on Aging



Join the adventure!

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!



Participating in this program, you will:

Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.

Get REAL incentives and rewards for taking small steps that can improve your well-being.

Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

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United Senior Services & the Springfield Area Institute for Lifelong Learning will be running the Aging Mastery Program® soon!

Ten classes will be held over seven weeks:

Tues, March 31 Thurs, April 2 Tues, April 7 Thurs, April 9 Tues, April 14
Thurs, April 16 Thurs, April 23 Thurs, April 30 Thurs, May 7 Thurs, May 14

Classes will be held from **9:00-10:30am**

📍 **United Senior Services, 125 W Main Street, Springfield, Oh**

Registration is currently taking place.

Limited spots available: Sign up now!

The program will launch on Tuesday, March 31 9:00-10:30am,

but participants have to be signed up by Friday, March 27.

Please RSVP to: Jane Eckels at USS, 937-323-4849 ext 209

by Friday, March 27. There is no registration fee!

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Area Agency on Aging



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We hope to see you there!