

# Aging Mastery Program®

**SENIORS:**

*Are you getting the most  
out of your life?*



The **Aging Mastery Program®** encourages mastery developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being over 6 weeks. This program is **FREE**, and for people 55 and older.

## Aging Mastery Topics:

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

**Thursdays**

**April 6–May 11**

**1p–3p**

**Wautoma Public Library**

Registration is required:

**Dept of Aging/ADRC**

**(920) 787-0403**

*Space is limited. Call today!*