



# Aging Mastery Program®

National Council on Aging

## Join the adventure!

**Aging well means caring for the whole you.** Join us online for our upcoming, free Aging Mastery classes.



### You Will Learn About:

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

**UW-Madison Division of Extension educators from Green/Lafayette and Iowa Counties will be running the Aging Mastery Program via Zoom soon!**

**B**uild your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, adds stability to your life and strengthen ties to your community.

**The virtual program will begin on Monday August 8th, 2022, but participants have to be signed up by July 25<sup>th</sup>.**

**Register online at <https://www.eventbrite.com/e/aging-mastery-august-sept-2022-tickets-369241911497>**

This **FREE** 10 class series will be held online via Zoom over five weeks on **Mondays & Thursdays** from **10:30am – 12:00pm** beginning Monday, August 8th, 2022

For more information, contact the facilitators:

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**Extension**  
UNIVERSITY OF WISCONSIN-MADISON