

## Join the adventure!



## You Will Learn About:

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

Educators from UW-Madison Division of Extension and the Aging and Disability Resource Center Counties will be running the Aging Mastery Program via Zoom, soon!

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 helps strengthen ties to your community.

The virtual program will begin on Thursday,
August 15<sup>th</sup>, 2024. Participants need to sign up by
Thursday, August 8<sup>th</sup>, in order to receive the workbook.





Register by calling Green County Extension – (608) 328-9440

← OR scan this QR code

(000) 320 3440

This **FREE** class series will be held online, via Zoom, over a period of 10 weeks.

Thursdays 11:30am – 1:00pm August 15<sup>th</sup> through October 17<sup>th</sup>, 2024

For more information, contact the facilitators:

Bridget Mouchon: (608) 776-4820 blmouchon@wisc.edu

Laura Steiner: (608) 328-9499

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