



Aging Mastery Program[®]

National Council on Aging

ARE YOU IN OR NEAR RETIREMENT AGE AND NAVIGATING NEW WATERS?

Attend an Aging Mastery Program Webinar Series to Learn How to Live Well, Do Well, and Age Well!

This 10-session series is presented by expert guest speakers on each topic and supported by the National Council on Aging. Participants will gain the skills needed to manage their health, remain financially secure, and contribute actively to society.

TOPICS COVERED INCLUDE:

- Exercise
- Fall Prevention
- Sleep
- Financial Fitness
- Advance Care Planning
- Healthy Eating
- Medication Management
- Healthy Relationships
- Community Engagement



AGING MASTERY PROGRAM ON-LINE OPTIONS

For inquiries and to be put on a waiting list for the next scheduled program, call 517-592-1974 or email livingwellprograms@r2aaa.net

Suggested donation of \$60 is welcome to help cover the cost of materials.

