



Aging Mastery Program®

National Council on Aging

Join the Adventure!

Be a part of our first virtual Aging Mastery Program ! 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. Classes run for ten weeks, each week you will experience a different topic and presenter each class. Come join us and see what all the buzz is about!

What you be learning about :

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

Classes will be held from

11:00 am –12:00pm starting February 18th and run through April 22nd.

If you are interested contact Julie Ruzala at Erie County Senior Services at

Julie.ruszala@erie.gov or 716-858-6403.

SEATING IS LIMITED-CALL ASAP.

