

Aging Mastery Program

NATIONAL COUNCIL ON AGING

Mondays
September 11 - November 13
10:00-11:30 a.m.
Community Center



Join the Adventure!

This program is designed to improve the health, well-being, and independence of older adults. It consists of 10 courses that combine informative materials, expert speakers, group discussions, levels of mastery and achievement, and small rewards. As part of AMP, you'll make and maintain small but important changes in aspects of three key parts of your life: Physical Health, Financial Health, and Life Enrichment.

The program is open to everyone and is being held in conjunction with the Baraboo Area Senior Center. Lunch is available through the ADRC meal site. This is a wonderful opportunity for older adults to participate in, and reap the benefit of this cutting-edge program. We are currently recruiting 30 adults ages 55+ to attend this 10-week educational program.

Aging Mastery Core Curriculum:

1. Navigating Longer Lives: The Basics of Aging Mastery
2. Exercise and You
3. Healthy Eating
4. Sleep
5. Financial Fitness
6. Medication Management
7. Advance Planning
8. Falls Prevention
9. Healthy Relationships
10. Community Engagement



REGISTRATION FEE
\$25

To register, please call
608-643-8386 or stop in at the
Sauk Prairie Community Center,
730 Monroe Street, Sauk City.

Live Better with the Aging Master Program!