

# AGING MASTERY PROGRAM



Have you mastered the art of aging? The Aging Mastery Program® is a fun program that can help you improve your health, financial security, and overall well-being. The Aging Mastery Program® can help you take small steps that result in lifelong rewards. The program consists of 10 classes and preliminary results have shown that older adults in the program significantly increased their:

- Social connectedness
- Physical activity levels
- Healthy eating habits
- Use of advanced planning
- Participation in evidence-based programs
- Adoption of several other healthy behaviors

The Office for the Aging will be offering the program in the spring. If you are interested in attending the program call 585-396-4046 to get your name on the list. Classes fill up fast.