

Aging Mastery Program

presented by,
Region 2 Area Agency
on Aging

Tuesdays:
January 8th -
February 5th

Join us for a fun and engaging education and behavior change incentive program for aging well.

This 10-session workshop is presented by expert speakers and supported by the National Council on Aging.

Gain the skills needed to manage your health, remain economically secure, and contribute actively to society.



AGENDA

- Aging Mastery Basics
- Falls Prevention
- Advance Planning
- Financial Fitness
- Healthy Relationships
- Healthy Eating/Exercise
- Sleep
- Community Engagement
- Medication Management

Workshops are free, but space is limited! Call Region 2 to register:
(517)592-1974

Located at 102 N. Main St.
Brooklyn, MI 49230



Tuesdays: Jan. 8 - Feb. 5, 2019 - Region 2 AAA - From 1:00 to 4:00 PM