



# Aging Mastery Program®

National Council on Aging

# ARE YOU PREPARED FOR MEANINGFUL RETIREMENT?

## Attend a 5-Session Webinar for help!

This On-Line Series aims to help baby boomers and older adults take key steps to improve their well-being, add stability to their lives, and strengthen their ties to communities. Sessions meet twice a week for 3 hours on Zoom.

## Learn how to:

- Expert speakers present on topics including exercise, fall prevention, sleep, financial fitness, advance care planning, healthy eating, medication management, healthy relationships, and community engagement.



## DEVELOPING DEMENTIA DEXTERITY WEBINAR VIA ZOOM

**Fridays, January 15 to January 29, 2021 from 1:30-3:00 pm**

**[TO REGISTER email marsa@valleyaaa.org](mailto:marsa@valleyaaa.org)**

**Wednesdays, March 3 to March 17, 2021 from 3:00 - 4:30 pm**

**[TO REGISTER CLICK HERE](#) or email [livingwellprograms@r2aaa.net](mailto:livingwellprograms@r2aaa.net)**

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency

