

TOPICS COVERED: Exercise,
Fall Prevention, Sleep,
Financial Fitness, Advance
Care Planning, Healthy
Eating, Med Management,
Healthy Relationships, and
Community Engagement

AGING MASTERY PROGRAM

On-Line Webinar Series

THIS 5-SESSION SERIES IS PRESENTED BY EXPERT SPEAKERS
AND SUPPORTED BY THE NATIONAL COUNCIL ON AGING.
GAIN THE SKILLS NEEDED TO MANAGE YOUR HEALTH, REMAIN
FINANCIALLY SECURE, AND CONTRIBUTE ACTIVELY TO SOCIETY

**Mondays and Wednesdays in November:
11/9-11/23/2020 from 11:00am-2:00pm**

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