AGING MASTERY PROGRAM

IN PARTNERSHIP WITH UW-EXTENSION

FAITH FORMATION AND EDUCATIONAL PROGRAMS FOR THE 3RD CHAPTER OF LIFE

Developed by the National Council on Aging, this program empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program is led by professional speakers in partnership with UW-Extension. It encourages development of sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

TOPICS INCLUDE...

- Navigating Longer Lives: The Basics
- Exercise & You
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention

$125 PER PARTICIPANT

WEDNESDAYS, 10 AM - 3 PM in the HOPE Conference Center

June 22 | July 13 | August 3 | August 24 | September 7

Lunch is provided. **This program has additional fee of $40 for the course workbook*

REGISTER ONLINE AT WWW.LUTHERDALE.ORG, IN PERSON AT LUTHERDALE, OR CALL (262) 742-2352 FOR PAPER REGISTRATION

Extension
UNIVERSITY OF WISCONSIN-MADISON
WALWORTH COUNTY

CONNECT

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