



Aging Mastery Program®

National Council on Aging

Join the adventure!



You Will Learn About:

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

The Weld County Area Agency on Aging
will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

**Weekly sessions each Monday, July 25-Sept 19, 10:00-11:30 am.
Hosted at Greeley Medical Center, 1801 16th St, Greeley CO.**

**This program is offered
FREE of charge to
participants 60 years or
older.**

Donation Accepted.

Limited spots available: Sign up now!

The program will launch on 07/25/2022 1 10:00- 11:30 am,
but participants have to be signed up by Noon on 7/18/22.
Please RSVP to: Tyler at the Area Agency on Aging
by Phone (970)400-6117, or email tholliman@weldgov.com