



Aging Mastery Program®

National Council on Aging

We are all living longer. Learn how to make the most of the gift of longevity and to master aging!

Each week of this 10 class session we bring you an expert speaker to give you the information and motivation you need to make small changes to put more life into a longer life!

Aging Mastery®, a program of the National Council on Aging, is coordinated in Connecticut by Connecticut Community Care, Inc.

Class topics include:

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

Daytime Classes: Monday: October 15 - December 17 • 10:00 - 11:30 A.M.

or

Evening Classes: Tuesday: October 16 - December 18 • 6:00 - 7:30 P.M.



For adults aged 50+

Call (860) 665-8778 to register.



the
CT HEALTHY LIVING
collective

Newington Senior and Disabled Center

120 Cedar Street, Newington

©2014 National Council on Aging. All Rights Reserved.

