

Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging



Millcreek Senior Center will offer a ten-week health and wellness program called the Aging Mastery Program® which was developed by the National Council on Aging (NCOA).

The goal of this program is to empower older adults to make and maintain small but impactful changes. The classes, led by experts in their field will discuss:

- Navigating Longer Lives
- Sleep
- Financial Fitness
- Advanced Planning
- Falls Prevention
- Physical Activity
- Healthy Eating & Hydration
- Medication Management
- Healthy Relationships
- Community Engagement

Participants will receive **basic educational materials** developed from highly trusted sources, a **checklist of potential next steps**, and a **system for tracking behaviors**. Attendees will **earn points for positive actions and rewards**. There will be a **Graduation dinner to celebrate your success!**

Thursdays, 1 p.m. - 2:30 p.m.

August 31 - November 2, 2017 (ten weeks)

Course Fee: \$30/person or \$50/couple or friend

Millcreek Senior Center
2266 E. Evergreen Ave.
385.468.3305

Scholarships Available
Select Health Insurance Reimbursement



Contact Judy Madsen, Active Aging Health Educator at jhmadsen@slco.org or (385) 468-3081 to register or for more information.

Aging Mastery Program®

Join the adventure!



Aging Mastery Program®

National Council on Aging



Tenth East Senior Center will be offering a ten-week health and wellness program called the Aging Mastery Program® which was developed by the National Council on Aging (NCOA).

The goal of this program is to empower older adults to make and maintain small but impactful changes. The classes, led by experts in their field will discuss:

- Navigating Longer Lives
- Sleep
- Financial Fitness
- Advanced Planning
- Falls Prevention
- Physical Activity
- Healthy Eating & Hydration
- Medication Management
- Healthy Relationships
- Community Engagement

Participants will receive **basic educational materials** developed from highly trusted sources, a **checklist of potential next steps**, and a **system for tracking behaviors**. Attendees will **earn points for positive actions and rewards**. There will be a **Graduation dinner to celebrate your success!**

Tuesdays, 11 a.m. - 12:30 p.m.

August 29 - October 31, 2017 (ten weeks)

Course Fee: \$30/person or \$50/couple or friend

Tenth East Senior Center
237 S 1000 E, Salt Lake City
385.468.3140

Scholarships Available
Select Health Insurance Reimbursement



Contact Judy Madsen, Active Aging Health Educator at jhmadsen@slco.org or (385) 468-3081 to register or for more information.