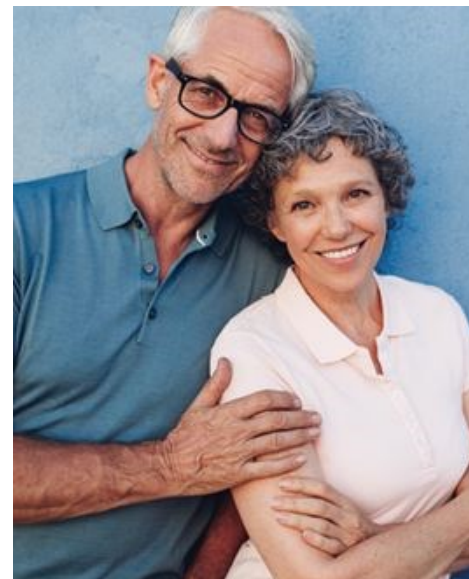


Aging Mastery Program®

Join the adventure!

By participating in this program, you will:

- ◇ **Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.**
- ◇ **Get REAL incentives and rewards for taking small steps that can improve your well-being.**
- ◇ **Meet new friends, provide support and encouragement to your peers, and become more involved in your community.**



Mondays, 5-8pm

April 9–May 7

Only \$49 or sign up with a friend and pay only \$79 for both of you.

**At the Goodman
Community Center**

149 Waubesa St

**Register through the Madison Senior
Center. Call 266-6581 for Info.
Limited Spots. Sign up now!**

This program encourages mastery-developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. Each week two different topics will be addressed by a local expert.

Sponsored by:

Madison Senior Center



**Goodman
Community Center**



Aging Mastery Program®

National Council on Aging