



Ageing Mastery Program®

National Council on Aging

Join the adventure!

Ageing well means caring for the whole you. Join us online for our upcoming, free Ageing Mastery classes.



You Will Learn About:

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

UW-Madison Division of Extension educators from Dane and Iowa Counties will be running the Ageing Mastery Program soon!

Build your own personal playbook for ageing well. This fun, innovative program empowers you to take key steps to improve your well-being, adds stability to your life and strengthen ties to your community.

**The program will begin on February 1st, 2022
but participants have to be signed up by January 20th.**

Register online at <https://www.eventbrite.com/e/ageing-mastery-program-series-tickets-220683499287>

This **FREE** 10 class series will be held online via zoom over five weeks on **Tuesdays & Thursdays** from **11:00 – 12:30pm** beginning February 1st, 2022

For more information, contact the facilitators:

Deb Neubauer:
(608) 224-3722
deb.neubauer@wisc.edu

Ruth Schriefer:
(608) 930-9850
ruth.schriefer@wisc.edu

Discrimination on the basis of age, race, color, creed or religion, national origin, ancestry, gender, sexual orientation, marital or parental status, pregnancy, veterans' status, arrest or non-job or program related conviction record or qualified disability is prohibited.



Extension
UNIVERSITY OF WISCONSIN-MADISON