



Aging Mastery Program®

National Council on Aging

Join the adventure!

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!



Participating in this program, you will:

1. Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.

2. Get REAL incentives and rewards for taking small steps that can improve your well-being.

3. Meet new friends, provide support and encouragement to your peers, and become more involved in your community.



will be running the Aging Mastery Program® soon!

Weekly classes will be held every Tuesday from March 17 through May 19 from 2:30 – 4:30 PM at the Memorial Center for Learning and Innovation at 228 W. Miller St., Springfield, IL 62702.

Registration fee: \$65.00. If 80% of the classes are completed, the participant will receive a \$60 refund upon Graduation.

Limited spots available: Sign up now!

The program will launch on Tuesday, March 17, 2020, but participants have to be signed up by Friday, February 14, 2020. Please RSVP to: Tessa at t.french@ssoci.org, or (217) 528-4035 by Friday, February 14, 2020