

# Aging Mastery Program

Through this 10- class program, you will develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

Every Monday at **10:15 AM** for 10 weeks **starting March 4th** at the Golden Aging Center of Grand Island

To sign up speak with the main office!

**Navigating Longer Lives: Basics of Aging Mastery**



# Aging Mastery Program

Through this 10-week program, you will develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

**STARTING THIS  
WEDNESDAY,  
APRIL 19TH AT  
11:00 am RIGHT  
HERE AT  
LANCASTER  
SENIOR CENTER**



**Navigating  
Longer Lives:  
The Basics of  
Aging  
Mastery**

**Sleep**

**Exercise**

**Healthy  
Eating**

**Falls  
Prevention**

**Advance  
Planning**

**Financial  
Fitness**

**Medication  
Management**

**Community  
Engagement**

**Healthy  
Relationships**

# CHEEKTOWAGA AGING MASTERY PROGRAM



## WHAT IS AGING MASTERY?

A **10-week** class that will help you develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

## WHERE AND WHEN IS AGING MASTERY?

Every Wednesday from 2:30 PM - 4:00 PM **starting October 5th** at Cheektowaga Senior Center. 3349 Broadway st.

\*There will be an extra week for a graduation party

- **NAVIGATING LONGER LIVES: THE BASICS OF AGING MASTERY**
- **EXERCISE**
- **HEALTHY EATING**
- **SLEEP**
- **ADVANCE PLANNING**
- **FINANCIAL FITNESS**
- **HEALTHY RELATIONSHIPS**
- **COMMUNITY ENGAGEMENT**
- **FALLS PREVENTION**
- **MEDICATION MANAGEMENT**
- **ADVANCE PLANNING**

For questions or to sign up, please contact Dawn Bellere at: (716) 686-3930



# AGING MASTERY PROGRAM

## WHAT IS AGING MASTERY?

A 10-week class that will help you develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

## Class Offering

- Navigating Longer Lives: The basics of Aging Mastery
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Falls Prevention
- Community Engagement

## Contact

For any questions about the program, please reach out to Eric Weisansal:

Email: [Eric.weisansal@erie.gov](mailto:Eric.weisansal@erie.gov)

Phone: (716) 585-6979



# Lancaster Senior Center Aging Mastery Program

- 01** Navigating Longer Lives: The Basics of Aging Mastery
- 02** Exercise and You
- 03** Sleep
- 04** Healthy Eating and Hydration
- 05** Financial Fitness
- 06** Advance Planning
- 07** Healthy Relationships
- 08** Medication Management
- 09** Falls Prevention
- 10** Community Engagement

## What is aging Mastery?

A 10-week class that will help you develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

## When is aging Mastery?

Starting every Wednesday on April 19th from 11:00 AM to 12:00 PM.

## Who to contact?

Eric Weisansal  
Email: [Eric.weisansal@erie.gov](mailto:Eric.weisansal@erie.gov)  
Phone: (716) 858-6979

OR

Marybeth at the  
Senior Center  
main office!

