

THE ART OF AGING



As children, we're taught how to become successful adults.
By contrast, no one teaches us how to age well.
We want to change that.

Aging Mastery Program 12 Sessions Wednesdays, 9am - 11am January 11 - March 29, 2023

Connect over a cup of coffee **IN-PERSON** at the Northern Great Lakes Visitor Center in Ashland, where we'll join with others through virtual teaching.

OR

Participate online through an easy-to-navigate Zoom platform, so you can join from the comforts of home.

TO REGISTER FOR THIS FREE PROGRAM:

Contact the Bayfield County Extension Office
715-373-3288

Or Register Online:

<https://www.inclusa.org/providers/aging-mastery-program/>



Local Experts Present:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
- Caregiver Playbook

