

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

Wednesdays, 9:30am - 11:30am

February 14 - April 3, 2024

Northern Great Lakes Visitor Center, Ashland, WI

THIS PROGRAM IS FREE!

**WORKBOOK, COFFEE &
REFRESHMENTS PROVIDED.**

REGISTRATION IS REQUIRED!

To Register Online:

Scan QR Code

or go to

<https://go.wisc.edu/c35486>



To Register by Phone:

Call the Bayfield County Extension Office

715-373-3288

Local Experts Present:

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

Brought to you by:



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.