

# AGING MASTERY PROGRAM



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.

Wednesdays, 9:30am - 11:30am  
February 5 - March 26, 2025  
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/bywf9x>



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:



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