



# AgIng Mastery Program®

National Council on Aging

## Join the adventure!

### The Xenia Adult Recreation & Services Center

~in partnership with the Area Agency on Aging~

will be running the Aging Mastery Program® soon!

**B**uild 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!

#### You Will Learn About:

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

**Fridays, March 27-May 1**  
(no class on April 10)

● **10:30-11:30am First Class**

● **Lunch**

● **12:30-1:30pm Second Class**

**Classes are free and lunch is just \$4 each week.**



The program will launch on Friday, March 27.  
RSVP to Michele Smith by Friday, March 20,  
at (937) 376-4353 or  
[programs@xarsc-seniorcenter.org](mailto:programs@xarsc-seniorcenter.org).

**Xenia Adult  
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Services Center**  
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