



**BUILD YOUR OWN PERSONAL PLAYBOOK FOR AGING WELL. THIS FUN, INNOVATIVE PROGRAM EMPOWERS YOU TO TAKE KEY STEPS TO IMPROVE YOUR WELL-BEING, ADDS STABILITY TO YOUR LIFE AND STRENGTHEN TIES TO YOUR COMMUNITY.**

## **Class begins January 12, Call (608) 930-9850 to sign up!**

This FREE 10-class series will be held in Darlington and Dodgeville OR online via Zoom on Thursdays, January 12th - March 16th, 2023 from 9:30-11am \*\* Must sign up by Jan 4!!

For more information, contact the facilitators:

Bridget Mouchon:  
(608) 776-4820  
blmouchon@wisc.edu

Ruth Schriefer:  
(608) 930-9850  
ruth.schriefer@wisc.edu

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



# **Aging Mastery Program<sup>®</sup>**

*National Council on Aging*



**Extension**  
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