

Aging Mastery Program Workshop

10-Week In-Person Series



Tuesdays, 10:00 – 11:30 am, August 27 – October 29

Senior Wellness Center, 1150 Powder Springs St., Marietta, Ga 30064

An **interactive, small-group workshop** for those individuals who are tired of fighting the aging process and would like to learn how to age-on-purpose! Over the 10 sessions, individuals will be prepared to grow older with an understanding of what we all need to live a fulfilling life and how we can be proactive in setting up our future selves for happiness!

With the lessons and tools from this workshop, you will learn to masterfully navigate aging!

Registered participants will learn to:

- Manage medications, hydration, and physical activity
- Improve sleep and eating habits
- Engage with their community and maintain healthy relationships
- Improve their financial fitness
- Set realistic goals and plan for their future

Registration is required #39730

To register call (770) 528-5355



***Attendance of the 1st session
required to reserve your space in the
full workshop.***



For more information, contact ARC's Evidence-Based Program Team at
EBP@atlantaregional.org or call (470) 378-1630

Workshop sponsored all or in part by the US Department of Health and Human Services Administration for Community Living.