

# Join the adventure! .....

**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!



## Participating in this program, you will:

- 1** Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- 2** Get REAL incentives and rewards for taking small steps that can improve your well-being.
- 3** Meet new friends, provide support and encouragement to your peers, and become more involved in your community.



Senior Services of Central Illinois

**will be running the Aging Mastery Program® soon!**

Weekly classes will be held from 12:30 - 2:30 pm every Wednesday, March 5, 2025 - May 7, 2025. Classes will be held at the Springfield Senior Center, 701 West Mason, in Springfield, IL.

Registration Fee is \$65.00. If 80% of the courses are completed, a \$60 refund will be issued upon Graduation.

**Limited spots available: Sign up now!**

The program will launch on \_\_\_\_\_

but participants have to be signed up by \_\_\_\_\_

Please RSVP to: \_\_\_\_\_

by \_\_\_\_\_