



Aging Mastery Program®

National Council on Aging

For every stage of life, there were lessons you needed to succeed. Now, for the first time...here is the course for aging!

Register now to participate in this 10-week educational program.
Continental Breakfast served weekly.

Wednesdays beginning October 14, 2015

Newington Senior and Disabled Center

Time: 10:00 a.m. – 12:00

For more information or to sign up contact

Newington Senior and Disabled Center

(860) 665-8778

dstone@newingtonct.gov

The Aging Mastery Program is designed to provide rewards to encourage participants to challenge themselves to take steps necessary to improve their health and live a better life. Participants will earn points for partaking in focus areas of healthy living and bonus points for reinforcing the learning with additional activities.

Points will be redeemed for rewards!

