



# AGING MASTERY PROGRAM

Talk with the front desk to sign up!

This 10 class program will assist you in developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities

Kenmore Senior Center

Every Wednesday

April 22nd  
to June 24  
1 pm-2pm

135 Wilber Ave  
Kenmore NY 14217



- Medication Management
- Healthy Eating
- Community Engagement
- Memory Matters
- Navigating longer lives
- Healthy Relationships
- Sleep
- Exercise
- Falls Prevention
- Financial Fitness
- And more!

Have questions?

Visit  
[Erie.gov/aging](http://Erie.gov/aging)

Email  
[Jennifer.chowdhury@erie.gov](mailto:Jennifer.chowdhury@erie.gov)

Call to Register  
716-873-7500