

Aging Mastery Program

Through this 10- class program, you will develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

Coming to West Seneca Senior Center on **January 6th, 2025 at 1:00 PM** The class will be every Monday (excluding holidays) with 10 total classes!

There are incentives to participate, and you can talk with the front desk to sign up!

