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! Medication **Healthy** Healthy **Falls Management** Relationships **Eating Prevention Exercise** Community **Memory Financial Engagement Navigating Matters Fitness Longer Lives: Basics of Aging** Sleep **Mastery**