

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 Orchard Park Senior Center, 4520 California Rd. on **March 13th, 2025 at 12:30 PM** The class will be every Thursday for 10 total classes

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

