



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

Akron Senior Center
April 22, 2025
1pm-2pm



- 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/seniorservices

Email
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Call
716-858-2114