

Join the adventure!

Colorado Mountain College in partnership with Chaffee County Public Health will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!



You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



Limited spots available: Sign up now!

The program will launch on January 12, 2022

Wednesdays 10:30a-12pm for 10 weeks. Take in person or virtually from anywhere! Please register with Colorado Mountain College for in person or virtual course at <https://community-education.coloradomtn.edu/>

(search for Aging Mastery at Salida Campus)



\$99 or contact for free full scholarship!
mbischoff@chaffeecounty.org
Includes participant workbook!