



## Aging Mastery Program®

Creating a personal pathway  
for aging well

### Tilton Senior Center

11 Grange Road, Tilton

**September 16 - November 18**

(10 Thursdays)

**9 - 10:30 a.m.**

The Aging Mastery Program® is a comprehensive and fun approach to living that celebrates the gift of longevity.

The 10 core classes focus on:

- Navigating Longer Lives: The Basics of Aging Mastery
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement
- Falls Prevention

To register, call (603) 224-4093, ext. 5815 or visit [www.granitevna.org/education](http://www.granitevna.org/education).

Registration is required and space is limited.

Face masks are strongly recommended for those who are not fully vaccinated against COVID-19.

Please note that this program may be switched to virtual depending on current COVID-19 guidelines.

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Branches in Laconia and Wolfeboro

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