

Lancaster Senior Center Aging Mastery Program

- 01** Navigating Longer Lives: The Basics of Aging Mastery
- 02** Exercise and You
- 03** Sleep
- 04** Healthy Eating and Hydration
- 05** Financial Fitness
- 06** Advance Planning
- 07** Healthy Relationships
- 08** Medication Management
- 09** Falls Prevention
- 10** Community Engagement

What is aging Mastery?

A 10-week class that will help you develop sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, enhanced well-being, and increased connectedness to communities.

When is aging Mastery?

Starting every Wednesday on April 19th from 11:00 AM to 12:00 PM.

Who to contact?

Eric Weisansal
Email: Eric.weisansal@erie.gov
Phone: (716) 858-6979

OR

Marybeth at the
Senior Center
main office!