



Each week we meet we will have NEW topics to discuss & snacks to eat!

The Aging Mastery Program® for Caregivers will help you develop and maintain impactful changes in your health behaviors, finances, and give enrichment to your life as a caregiver! You will be able to meet new friends, provide support and encouragement to your peers, & be more involved in your community!

- April 22: **Welcome to the Aging Mastery Program®**
- April 29: **Exercise**
- May 6: **Sleep**
- May 13: **Healthy Eating and Hydration**
- May 20: **Financial Fitness**
- May 27: **MEMORIAL DAY!** – No class this week
- June 3: **Advance Planning**
- June 10: **Healthy Relationships**
- June 17: **Medication Management**
- June 24: **Community Engagement**
- July 1: **Fall Prevention**
- July 8: **Caring for the Caregiver and Developing a Plan**
- July 15: **Graduation Party!!!**

Dates: **4/22 – 7/15 on Mondays** | Time: **10:00 – 11:30 AM** | Phone: **217-355-1543**

Location: **Clark Lindsey Village, 101 W Windsor Rd, Urbana IL, 61802**