



Healthy-Aging Center



Aging Mastery Program®

National Council on Aging



Join CRIS Healthy-Aging Center for the **Aging Mastery Program**

Join CRIS for the kick-off of a 10-week program that will happen every Wednesday in your community room. The Aging Mastery Program encourages mastery-developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Join us weekly on Wednesdays, starting August 4th to participate!

Date: Weekly on Wednesdays
Time: 2PM - 3:30 PM

Location: Champaign Public Library
1st Flr, Robeson Pavilion Rooms A & B
200 W Green Street
Champaign, IL 61820