

What is Aging Mastery?

Aging Mastery is a comprehensive and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

- Class meets weekly on Zoom for 90 minutes over a 10 week period
- Classes are offered in the fall and winter
- Each class includes an expert speaker
- Participants track their healthy habits and share successes weekly



“Enjoying each week and so happy I signed up for this class.”

~ Kim



Who should take the class?

This class is for anyone who wants to address their physical, financial and emotional wellness. It is particularly suited for people who are 55+ and individuals who would like to become empowered to make changes to live a healthier, happier and more secure life

Why is Aging Mastery Important?

- Life expectancy has increased dramatically over the past 50 years, yet societal expectations of older adults have changed little. Often people are unprepared for this increased longevity.
- Aging Mastery will provide you with resources and help you create fun and easy-to-follow pathways for getting more out of life. Classes are led by trained facilitators, who along with expert speakers, help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively to society.

Want to Sign Up for Aging Mastery?

Go to our website <http://crowwingenergized.org> for upcoming events. If there aren't any Aging Mastery classes currently listed, email Kara.Schaefer@EssentiaHealth.org to be added to the wait list. You can also leave a message at 218-828-7443.

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Time is the coin of your life. It is the only coin you have and only you can determine how it will be spent.

~ Carl Sandburg

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“This program was very uplifting, and I learned that the aging process can be done gracefully. I am working on a plan for the future to share with my friends & family.”

~ AMP Participant