The Mayor’s Initiative on Aging: Aging Mastery Workshop

Join us for this fun, 10-week aging mastery workshop and make some new friends along the way!

Miami-Dade County provides equal access and equal opportunity in employment and services and does not discriminate on the basis of a disability. If you need an accommodation such as a sign language interpreter or material in an alternate format, contact the Branch Manager at least 7 business days in advance. Systemwide TDD available via the Florida Relay Service at 711.

WEEKLY TOPICS

• Introduction to the program and its philosophy
• Exercise and You
• Sleep
• Healthy Eating and Hydration
• Financial Fitness
• Advance Planning
• Healthy Relationships
• Medication Management
• Community Engagement
• Fall Prevention

Light snacks will be provided. Space is limited. Please contact the branch for registration information. Best for adults 60 yrs.+ or their caregivers.

Tuesdays, April 30 - July 2
10:00 - 11:30 a.m.

Coral Gables Branch Library
3443 Segovia St.
305-442-8706

Discover the new realities of aging and how to make the most of the gift of longevity by taking small steps to improve your health, financial well-being, social connectedness and overall quality of life.