
Contact: Jeanne Ward
Northwest Wisconsin Community
Services Agency, Inc
Phone 715-394-3644
jward@northwest-csa.org

Administrative Office
1118 Tower Avenue
Superior, WI 54880
715-392-5127
www.Northwest-CSA.org

*Northwest Wisconsin
Community Services
Agency, Inc*

SERVING THE COUNTIES OF ASHLAND, BAYFIELD, DOUGLAS, IRON AND PRICE

Press Release

For Immediate Release



The NWCSA-Senior Center is pleased to announce that we will be offering a ten-week health and wellness package to residents 55 and over. The program is called the **Aging Mastery Program®**. It was developed by the National Council on Aging (NCOA).

This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting edge wellness program. We are currently recruiting 20-30 adults (ages 55+) to participate in a ten-week educational program.

The goal of this program is to empower older adults to make and maintain small but impactful changes. The classes will explore navigating longer lives, physical activity, sleep, healthy eating and hydration, financial fitness, medication management, advanced planning, healthy relationships, falls prevention, and community engagement. For each of these classes, we will provide basic educational materials developed from highly trusted sources, a checklist of potential next steps, and a system for tracking behaviors. Participants will earn points for positive actions and rewards.

We will be having an informational meeting on August 31st at 6pm in the senior center located at 1527 Tower Avenue, Superior, WI 54880. Classes will run 10 weeks beginning September 7th from 6 pm–7:30 pm.

If you are interested in learning more about the program, please call the senior center at 715-394-3644. We hope to recruit a wide range of participants. If this program piques your interest stop by or call to learn more! Hope to see you on August 31st at 6 pm!