



# AGING MASTERY PROGRAM

## Session #7: Healthy Relationships

**Monday, March 2nd | 10:00 am-11:30 am**

**Online via ZOOM**

Explore how to build and maintain meaningful, supportive relationships that promote emotional well-being, connection, and quality of life as we age.

**Register here: <https://bit.ly/AgingMasteryAlzOC>**

**Please note, if you have already registered for the first session-there is no need to register again.**

*Thank you to our sponsors:*



**Helpline: 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)**