

Ageing: Debunking the Myths!



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Do you enjoy interesting discussions and considering new ideas?

How do you feel about ageing? Do you think stereotypes are affecting how you feel?

Have you thought about living longer as an opportunity and an achievement?

Did you know, how you feel about ageing affects your health and wellbeing?

How about spending some time thinking about positive ageing and giving your wellbeing a boost?

If our questions have sparked your interest, then please join Age & Opportunity for our new **free** 5-session pilot course, Ageing: Debunking the Myths, for those aged 50+ years. We want to hear what you think.

Venue: Holy Redeemer Parish Centre, Main Street, Bray, Co. Wicklow A98 T9C5.

Dates: Tuesdays, 14th, 21st October (gap of a week) 4th, 11th, 18th November

Time: 10:30 am - 12.45 pm

The sessions include a coffee break and refreshments are provided.

Who are Age & Opportunity?

Age & Opportunity is the national organisation working to enhance wellbeing for older people through participation in sport and physical activity, arts and creative engagement, personal development, community collaboration and active citizenship. We envision a society where all older people can be active, visible, creative, connected and confident about ageing.

**Free
initiative
for over 50s**

To Book: Please contact Fiona on telephone (01) 9133922 or email engage@ageandopportunity.ie

Places are limited and we ask you only to enrol if you can attend all 5 sessions.

Visit our website: www.ageandopportunity.ie

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