

Forum

Live Life, Live Well:

The Art and Practice of Growing Old Gracefully

Wednesday October 16

10am—3pm

U3A Hall: 14 Esson St Shepparton

A Senior's Week Event sponsored by



and



PROGRAM

Lead Speaker

Assoc Prof Christina Bryant (Melbourne University)

The Art and Science of Maintaining Wellbeing:

'Adding life to years, not just years to life'

Supporting speakers

The Hon Jeannette Powell: Retirement is Just a State of Mind

Sing Australia Choir: Bringing the Community Together in Song

Lunch provided

Lyn Davidson: Your Journey to Fitness

Ray McDonald: Ageing, Eighty and Active

Greg Barnes: Try Something New

Christina Bryant: Practical Goals and Strategies: Making this work for you

Open to all Seniors (Members and non-Members)

Use this link to Enrol at TryBooking

<https://www.trybooking.com/533301> by October 11

(U3A members may book by contacting the President)

Fee of \$10 includes teas & lunch