



Nottinghamshire Network



'Living Life to the Full' inspiring U3A members to enjoy later life

AGEING WELL CONFERENCE

Open to all Nottinghamshire U3As

Saturday 19th October 2019 - 10am – 4pm

To be held at the School of PSYCHOLOGY Nottingham University Park

Registration 9.30am for 10am Start

Key Note speakers

On

Dementia, Diet and exercise

Loughborough University

&

Psychology of the Older Brain

Nottingham University

Admission £10 includes lunch

Ticket line opens June 10th – July 25th

Email pacosaucedo1@gmail.com

Telephone 0115 923 3109

If leaving message on answerphone

please spell surname

BREAK OUTS

Cognitive testing workshop

Attention and Driving

Ageing well, shopping well

Voice recognition for maintaining contact

Sleep and the over 50s

Design the dementia friendly house

Men and Ageing

Age UK Notts. Befriending service

Tai Chi

Cha Cha Cha

Walk round Highfields Lake

Happiness

Avoid car parking charges number 34 bus serves the University and the tram to Beeston stops very near.