

## LIVE LONG AND PROSPER

**Age Concern Hamilton** is offering a new four week programme on health and wellbeing, starting on Friday 3 February running every Friday morning until Feb 24.

**“Live Long and Prosper”** we’ve all heard those famous words. Four fantastic speakers will take participants on a journey of exploration and show them an alternative pathway to see positive opportunities that lie ahead as we age.

The exciting series is not to be missed.

No need to book, just put the dates – February 3, 10, 17, 24 – into your diary and come along.

This programme is open to everyone. \$3 donation appreciated.

Feb 3: Tips to Live Long & Prosper: Personal Growth Claire Ashmore

Feb 10: Outside the Exercise Box:

Physical Wellness

Stephanie McLennan

Feb 17: Thrive, Not Just Survive:

Emotional Wellness

Deb Galloway

Feb 24: Beyond the Teacup:

Nutritional Wellness

Monica van de Weerd

