

# Seniors' Seminar

## Youthful Ageing<sup>®</sup>

(Growing Older  
Gracefully)



Presented by Dr Lionel Hartley

This seminar is designed to assist seniors to dispel some of the myths associated with ageing and to implement a healthy perspective to possibly reverse many of the changes that are usually associated with ageing

Choices — Communication  
Continuing to Grow — Converting the  
Lifeline — Changes and Challenges  
Question & Answer Session

This Seminar is Internet Listed at <[www.geocities.com/info\\_seminars/growth](http://www.geocities.com/info_seminars/growth)>

