Seniors’ Seminar

Youthful Ageing

(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>