



Nottinghamshire Network



‘Living Life to the Full’ inspiring U3A members to enjoy later life

### **AGEING WELL CONFERENCE**

**Open to all Nottinghamshire U3As**

Saturday 19<sup>th</sup> October 10am – 4pm

To be held at the School of PSYCHOLOGY Nottingham University Park

Registration 9.30am for 10am Start

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#### *Key Note speakers*

*On*

*Dementia, Diet and exercise*

*Loughborough University*

*&*

*Psychology of the Older Brain*

*Nottingham University*

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Admission £10 includes lunch

Ticket line opens June 10<sup>th</sup> – July 25<sup>th</sup>

Email [pacosaucedo1@gmail.com](mailto:pacosaucedo1@gmail.com)

Telephone 0115 9233109

If leaving message on answerphone

please spell surname

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#### **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

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