

Ageing Well series of Public Talks



“Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing.

Come and join us for the series of public talks with the title “Ageing Well”



Dr. Jitka Vseteckova
Senior Lecturer, Health and Social Care



Venue: Berrill Lecture Theatre, Walton Hall, Milton Keynes, MK7 6AA, talks held 11AM-1PM

Ageing Well series of Public Talks - topics



- **Are we prepared to live longer?** (Jitka Vseteckova) **September 23rd 2020**
- **Advanced care planning** (Barbara Gale & Erica Borgstrom) **October 21st 2020**
- **Ageing brain** (Jitka Vseteckova & Stephanie Warren) **November 18th 2020**
- **Learning languages and digital technologies in older age** (Ursula Stickler) **December 2nd 2020**
- **Care and caring in older age** (Mary Larkin) **January 20th 2021**
- **Nutritional needs while ageing** (Jitka Vseteckova) **February 24th 2021**
- **Pharmacotherapy while ageing** (Jitka Vseteckova & Sonal Mehta) **March 24th 2021**
- **Mindfulness and ageing** (Adele Pacini) **April 14th 2021**
- **Move it and breathe** (Jitka Vseteckova & Declan Ryan) **May 19th 2021**
- **Standing tall** (Jitka Vseteckova & Jason Gibb) **June 16th 2021**
- **The things we don't talk about – Intimacy and ageing** (Andreas Vossler) **July 14th 2021**

Useful resources:

https://ordo.open.ac.uk/collections/Ageing_Well_Public_Talk/4716437

<https://www.open.edu/openlearncreate/course/view.php?id=5016>



THANK YOU FOR SUPPORTING THE 'AGEING WELL PUBLIC TALK' SERIES

