



UniSA

Successful Ageing in Australia

Experience. The Difference.



Active Ageing: Healthy Body, Healthy Mind – The Key For A Healthy Life

We all know that physical exercise is a must for general health and well-being and most of us are familiar with the “use it or lose it” or “no pain no gain” phrases. Does the “use it or lose it” concept pertain to the mind? Did you know that physical exercise actually improves the brain’s ability to learn and improve memory?

This seminar will address the mental and physical demands of staying healthy and will provide ideas to develop physical and mental exercise plans.

Professor Helen McCutcheon, Head of the School of Nursing & Midwifery at UniSA, will discuss present evidence that indicates that brain exercises have benefit for maintaining cognitive function as we get older, and will offer suggestions about how we might actually do this.

Sioux Christiansen, Executive Officer at Active Ageing Australia®, will launch “Get Active for Living”, a new DVD aimed at assisting the hearing impaired, disabled and elderly to develop an exercise plan. Sioux will also be providing information on the Active Ageing Australia® new “Falls Prevention” website. The seminar is proudly sponsored by Active Ageing Australia® and will kick off a week of events aimed at encouraging us all to get out



Presented by:

Professor Helen McCutcheon - Head of School, Nursing & Midwifery, UniSA
Ms Sioux Christiansen - Executive Officer, Active Ageing Australia® (SA)

WHEN: Friday 3rd July 2009 from 2.00 pm – 4.00 pm

WHERE: BH2-09 – Barbara Hanrahan Building (Access is via the ground floor)
UniSA City West Campus, North Terrace, Adelaide

If you would like to attend this FREE seminar please contact Libbi Langford at UniSA and you will be automatically added to the attendance list. No tickets will be issued. REGISTRATION IS ESSENTIAL.

Phone Hotline: **8302 0160** Email: libbi.langford@unisa.edu.au www.unisa.edu.au/giving/news/



REQUEST TO BE REMOVED FROM MAILING LIST

Please take me off the Successful Ageing seminars' mailing list.

REQUEST TO UPDATE DETAILS

- I would like to remain on the mailing list. Please update my record.
- In future please email the flyers to me.

Name:.....

Address:

..... Postcode:.....

Email:

Please return by FREE post to:

Ms Libbi Langford
Alumni and Development Office
Marketing and Development Unit
University of South Australia
Reply Paid 2471
Adelaide SA 5001

Or email to:
libbi.langford@unisa.edu.au

