

AWE - Ageing With Expectation

Come and be part of an inspiring series of talks and reflections which examine a vibrant new approach to the mental and physical challenges of ageing.

Conducted by renowned Melbourne psychologist, psychotherapist , Founder and Emeritus Professor of the Cairnmillar Institute and recently retired Executive Minister of St Michael's Uniting Church in Collins Street,

Dr Francis Macnab brings a lifetime of wisdom, experience , wit and renewed vision into the process of ageing with positive expectation.



Dr. Francis Macnab

The sessions are held on the first Friday of each month and cover a wide variety of concerns common to the senior years. Most important of all, Dr Macnab examines useful coping skills and invites input in a friendly, inclusive atmosphere of shared wisdom and discussion.

Location:

Evergreen Community Centre
45 Talbot Street, Balwyn 3103

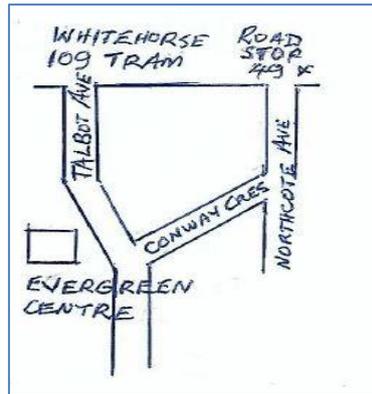
Time: 1.30pm -3.00pm

Dates: See quarterly dates and session topics on the back of this leaflet

Cost: \$10 entry fee (includes Light Refreshments following the session)

Bookings: Booking is not required- just come and be made welcome!

Further Information: If required, contact Graeme Adamson on :-
0425 785 571



A Vital Engagement in Lifelong Learning

Topics - Third Quarter 2019

AUGUST

- Friendships as you grow older
- Loss of significant people
- Loneliness - a major anxiety of older people.

SEPTEMBER What you will need for the second half of your life.

OCTOBER I want to be around for a long time. How can I do these years better.

NOVEMBER What the hell's wrong with me? How can I feel better about life and myself.

DECEMBER Do you need a faith factor in your life - Faith in What??

Dr Francis Macnab A.M

Founder of The Cairnmillar Institute

20 years leading "SAGE" (Successful Ageing, Growth, Enhancement)

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Expect Long Life, Physical and Emotional Health & Engagement as you age