



# Mature Minds

Mental Health & Wellness for Older Adults

## Age Interrupted: How to Become Anti-Ageist

**Ageism is getting old.** As one of the oldest “isms,” and the only one that discriminates against our future selves, ageism needs to be put in its place!

Society says ageing is just messy: that it’s a disease to be cured or a deficit to be avoided. We know better. Ageing is one of the greatest scientific breakthroughs of our time and **if you aren’t aging, you’re dead.**

Join us, learn, and fight for a better future where anyone can find joy in growing old.

### Free Workshop

*All community members welcome*

June 1, 10:30am - 11:45am

#### Please note:

This webinar will use the Zoom online platform. For more info about how to use Zoom, click the button below.