

Central Area Office
51/53 Sean McDermott Street
Dublin 1
29th March 2018

**To the Chairperson and Members of
The Central Area Committee.**

Central Area Age Friendly Report – April 2018

Following on from the success of the last 3 years the Central Area Office are organising the 2018 'Central Area Over 55's Open Day' during the Bealtaine Festival.

The Central Area Over 55's Day will take place on Wednesday 9th May from 1pm until 4pm in the Central Library, ILAC Centre.

An Over 55's day is one of the Central Area's objectives as part of the Central Area Age Friendly Strategy.

The event covers different aspects of aging there will be a focus on health and well being, on the positive side of aging and in providing opportunities for older people to engage in their communities. There will be an activities room including seated yoga, a talk on wellbeing as you age and health checks. Refreshments will also be available. It promises to be a very worthwhile afternoon for both the organisations involved and the attendees.

Brian O'Connell

Administrative Office

Central Area