

Co Wexford Age Equality Network will host their annual seminar in the Riverside Park Hotel, Enniscorthy on

Tuesday, May 20th 2014 from 10am – 4pm

The title of the 2014 seminar is

The Contribution Of Older People To Community Well-Being

Speakers will include a range of older people from communities across Co. Wexford who will tell their own stories about their community involvement; what it means to them & how they feel they are contributing to a better Co. Wexford for all ages – an age friendly county

Interactive workshops will look at how we can continue to positively enhance well-being in local communities through active citizenship in an era of change

The sessions will explore how to increase opportunities for involvement and participation, especially by those who may be experiencing isolation. Topics that will be covered will include

1. health (physical and mental)
2. social participation/voluntary activism
3. sport, culture & creativity
4. cross community links
5. education/training
6. local economy



The seminar, as always, is open to representatives of older people's groups from throughout Co. Wexford. This event is FREE, however booking is essential

More details will follow over the next few weeks or phone Wexford Local Development's Enniscorthy office on **053 9155864** – www.olderwexford.com