



Media Release

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I'm Older, But Not Old – free public forum

Australian rugby legend and joint founder of Men of League Foundation, Ron Coote AM, is the keynote speaker at the free public forum - **I'm Older, But Not Old - to be held on 24 October at The Juniors in Kingsford, Sydney, NSW.**

Hosted by the Aged Care Psychiatry Service, South Eastern Sydney Local Health District and the Centre for Healthy Brain Ageing (CHeBA) at UNSW – Sydney, Mr Coote's presentation will entertain the audience with accounts of his illustrious rugby league career and his personal perspective on growing older well.

Mr Ron Coote AM said at any age, but particularly as you get older and start to slow down physically and mentally, it is important to stay healthy by exercising your body and your mind to keep both strong and active.

"There are many exercises you can do for your body and mind which are free, easy and can be done at home," Mr Coote AM said.

"Each day I do a few push ups and a Sudoku puzzle. It may not seem like much, but that consistent and regular daily activity goes a long way in keeping me healthy and strong - despite my growing years."

The forum will also hear from leading experts in the field of geriatric medicine on common yet important health areas for older people as: memory fitness, mindfulness, falls prevention and managing pain.

Professor Henry Brodaty AO, Senior Old Age Psychiatrist, Aged Care Psychiatry Service Co-Director, CHeBA, said the forum will provide everyday strategies to enhance healthy ageing.

"The aim of the forum is to encourage a positive ageing lifestyle. As we grow older we should still view ourselves as vibrant and vital members of the community – not as 'old,'" Professor Henry Brodaty said.

Forum: I'm Older, But Not Old
Date and time: Tuesday, 24 October 2017, 10.00am – 1.00pm
Venue: The Juniors, 558A Anzac Parade, Kingsford, Sydney, NSW
Bookings/enquiries: ACPforum@health.nsw.gov.au or 02 9382 3759
Forum is free, but bookings are essential as seats are limited.

Media contacts:

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