



Is retirement bad for our health?



'Is retirement bad for our health' is the first dialogue in a series of seminars on healthy ageing presented by Monash University, The University of the Third Age in association with The Australian Association of Gerontology, Frankston City Council and the Mornington Peninsula Shire Council.

This is the first in the series of three Dialogues on Healthy Ageing. It will explore the cognitive, psychosocial and gender issues in ageing, and questions whether retirement is bad for our health.

This free session will be of interest to all those who are retired or thinking about retirement; for researchers, educators, students and those planning or providing services that support healthy ageing.

- Learn about contemporary perspectives on ageing and their relevance to 'a good life' in retirement;
- Recognise that adjustment to retirement is a process involving biological vulnerability, psychological and social challenges;
- Discuss the changing needs, experiences and aspirations of older men and women, their capacity to learn and engage in new ways of thinking and doing things.



Further Information

Date Thursday 9 April

Time 2–3.30pm

Venue George Jenkins Theatre, Monash University, Peninsula Campus, McMahons Rd, Frankston

Further details can be found at u3amornington.org.au or u3af.org

U3A Frankston office: 9770 1042
U3A Mornington office: 5975 9773

FREE Admission, no RSVP required.

Keynote speakers

Associate Professor Stephen Macfarlane

Director of Aged Psychiatry Caulfield Hospital (Alfred Health) and Associate Professor of Psychiatry at Monash University.

Professor Macfarlane has been a consultant psychiatrist since 2003, and has research interests that include subjects as diverse as Alzheimer's Disease and Aged Care at Home. He has been a regular on the Melbourne radio programme 'Radiotherapy' (3RRR-FM) since 1995, where he discusses psychiatry in film.

Professor Colette Browning

Director, RDNS Institute. Adjunct Professor of School of Primary Health Care, Monash University.

Professor Browning is recognised as a national and international leader in psychology and health. Her research focuses on healthy ageing and improving quality of life for older people, chronic disease self-management and consumer involvement in health care decision-making.

Associate Professor Cassandra Szoeké

Consultant Neurologist. Melbourne Academic Centre; Director, Women's Healthy Ageing Project, University of Melbourne; Non-Executive Director, Board of the Western Health Services.

Professor Szoeké is a practicing neurologist and has led the research program in Neurodegenerative Diseases, Mental Disorders and Brain Health at the Australian Commonwealth Science and Industry Organisation (CSIRO).



Save The Date

Dialogue 2: Brain Health – Exercising Minds and Bodies

Date Friday 7 August

Venue George Jenkins Theatre
Monash University, Peninsula Campus
McMahons Rd, Frankston, Vic 3199

Dialogue 3: Mindfulness for Healthy Ageing

Date Wednesday 14 October

Venue Peninsula Community Theatre
Wilsons Rd, Mornington, Vic 3931

