



THE TRUTH ABOUT STRESS AND AGEING

This valuable seminar contains two seminars in one.

The first part will explore popularly held beliefs around ageing that are completely false and harmful. By dispelling these surprising myths one can positively change the way they age. Covering complex topics, this seminar is well researched, clear and easy to understand. We will question the role of genetics, the inevitability of frailty and cognitive decline, energy, happiness, chronic disease and chronological vs biological age. It is based on scientific research, what we know about 'blue zones' and my many years of field experience working with people who have advanced cognitive decline.

The second part of the seminar will be an informative discussion on stress and how to manage it better. This will include practical advice and useful tools. Stress affects our health, sleep, relationships, happiness, creativity and productivity. It is completely possible to live a life without chronic underlying tension, but you need certain skills that are simple and learnable. The idea is to share information that is life changing and life enabling, to look at us humans in our entirety and connect the dots.

I am on a mission to help people experience better quality of life for as long as possible so I have curated this seminar to give maximum advantage and value. Please share information about the seminar with friends and family, all are welcome.

26 April 2022

14:00 – 16:00

2 hour seminar R200per person (usual price R450pp)

Book before 13 April and pay R150

Bookings close Friday 22 April

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It is recommended that you bring a pen and paper although seminar notes will be provided on the material covered.

About Salome:

For years I have worked with people who have had a lot of life already and I have seen how the consistent choices we make can positively or negatively affect our health and happiness. I have written and taught courses on stress management and also worked with UCT in doing research on how to change the way we are ageing in late life. I'd like to share what I've learnt and explore ways of changing what we believe in order for us to make better choices, so we can alter the course of our health and happiness.