

Paisley & District U3A Press Release:

No embargo: for Monday 25 June 2018

How to age well will be revealed at talk in Paisley

Older adults in Renfrewshire are invited to find out about the psychology of ageing by University of Strathclyde lecturer Dr Louise Brown. She will explore this subject with members and friends of Paisley & District U3A (University of the Third Age) on Thursday 5 July at 2pm in Wallneuk North Church, Paisley.

Anyone semi or fully retired is welcome to come along to this fascinating free lecture and discover more from Dr Brown about what can help people to age well.

Paisley & District U3A Chair Kathleen O'Donnell explained: "This is a wonderful opportunity to come and listen to Dr Brown share how memory and attention are affected by the ageing process. She has carried out extensive research in this area. You won't want to miss her talk if you are retired or heading towards retirement."

Guest speaker Dr Louise Brown, who is a Chancellor's Fellow at the University of Strathclyde said: "I'm delighted to be giving a talk at U3A Paisley, which will highlight age-related changes in memory and thinking skills, emotional wellbeing, and issues of retirement. I will also discuss factors that can help us to age better, such as keeping physically, mentally, and socially active. U3A members will hear about some of my own research, as well as having the opportunity to consider joining our Older Adult Participant Panel, which facilitates our ageing-related research in Psychology at Strathclyde."

Paisley & District U3A offers free later life education classes run by local volunteers. Members choose topics they want to learn more about, from conversational Spanish and art appreciation to architecture and local history. Monthly meetings provide additional education on wide- ranging subjects by guest speakers like Dr Brown.

Here's your chance to find out all you ever wanted to know about getting older, and about Paisley & District U3A. Due to the hall size, only 50 places are available for Dr Brown's talk on 5 July. Please text **07483 820027** to reserve a seat.

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