

Meeting held on the 21st November 2013 at the home of Joan Gould at which 16 members attended and led by Malcolm.

WHAT IT IS TO LIVE WELL?"

This topic immediately created a lively discussion with many different concepts and views

This statement means different things to individuals in the group

Discussion between religious and scientific beliefs.

Making the most of opportunities or make them for yourself.

Examples:

Maslow's hierarchy of needs theory in psychology proposed by Abraham Maslow in his 1943 paper "A Theory of Human Motivation"

Socrates- treasure past in order to live well

Aristotle- leading a life of virtue and happiness

Buddha- all we are is the result of what we have thought and what we think

Health and community most thought is needed to live well and that U3A is included in living well!

After a well needed refreshment break we talked about how we can improve ourselves