**W MIDS CONFERENCE 2022**

**Tues 22 March 2022- The WM Region Conference "A Day of Inspiring Lives"**  
See recordings & presentations by clicking on the links below & in the right hand column.

The Recordings are available by clicking on the following links:  
To view the video recording of Part 1 click [Part 1](https://youtu.be/ClOJ8LDnr3Y)  
To view the video recording of Part 2 click [Part 2](https://youtu.be/Q8DjOgYMc-Y)

Other presentations available are:

Is 60 the New 40?? – Jean Jackson Lichfield u3a See right hand column  
Video interview with Lynn Forth – Novelist in Wyre Forest u3a Click [LynnForth](https://www.dropbox.com/s/ozqolevl6wjkyzw/Lynn%20Forth%20Interview%20with%20Sue%20L.mp4?dl=0)  
Push Back Ageism Campaign by Sandi Rickerby Lead Trustee see right hand column  
Inspiring Lives Short profile and video links from Peter Traves Pontesbury and Rea Valley u3a see right hand column  
“Ensuring Old age is enjoyed and not endured – It’s never too late to start!”. Professor Janet Lord Click [JanetLord](https://www.dropbox.com/s/p30wiw140z6g7by/U3A%20%20Janet%20LOrd%202022.pdf?dl=0)  
Julie Robinson, CEO Move it or Lose it Ltd 10 min introduction and demonstration see right hand column  
The 1982 Show! – How has life and lives changed over the last 40 years? see right hand column  
Video- Inspiration in Action - Sue Langley Wyre Forest u3a Click [SueLangley](https://www.dropbox.com/s/b7rxj52rydcesbh/Inspiring%20lives%20final%20Sue.mp4?dl=0)  
Jim Williams' Song Click [40th Anniversary Song](https://www.dropbox.com/s/y0a896d1ekhp4km/ANNIVERSARY%20SONG%20u3a.mp4?dl=0)

Looking Back on Lockdown  
Are you interested in how u3as have managed and their general experiences of life during the lockdown period in 2020? Check out the summary in the right hand column.