

## Did you know that optimists live longer? 'Secrets of Positive Ageing' revealed at free local seminar



**WHO:** Professor Rose Anne Kenny, of Trinity College, and the GAA supported by Irish Life.

**WHERE:** Woodlands House Hotel, Adare

**WHEN:** Wednesday 20<sup>th</sup> March from 7-9pm

*To register for a free ticket please go to:*  
**[gaa.ie/community](http://gaa.ie/community)**

*or call 01-8964120 to reserve a place.*

Walk-ins on the night will also be welcome. Light refreshments and entertainment will be provided.