

‘Secrets of positive ageing’ seminar coming to Limerick on Wednesday March 20

Free community event from 7pm-9pm will be delivered by leading national expert Prof. Rose Anne Kenny at Fitzgeralds Woodlands House Hotel and Spa Adare.

Limerick is the second county in Ireland to host a regional seminar that makes available the real secrets of positive ageing.

The content of the ‘How to Age Well’ event is based on evidence obtained from Trinity College’s Longitudinal Study of Ageing (TILDA) and other international research and will be delivered by Prof Rose Anne Kenny of Trinity College, one of the country’s leading authorities on the subject. The event is being coordinated by Limerick GAA’s Health & Wellbeing committee and supported by Irish Life and is open to all interested members of the public.

Did you know that people living by the sea are less likely to be depressed? That optimists live longer? That friendship and good social life is as important as low cholesterol for heart disease? That quality of life continues to get better after 50 for almost another 30 years? These nuggets of knowledge, and much more, will be explored on the night by Prof. Kenny.

Eamonn Rea, full forward for Limerick in the All Ireland winning team of 1973 and founder of the Limerick supporters club in Dublin, is local ambassador for the event, and will be in attendance on the night.

“I was very interested to learn about the positive influence of social and community connections in relation to positive ageing” explains Eamonn. “The GAA has provided me and many of my generation with an outlet that allowed us to stay connected friends in Limerick and beyond and be part of a wider community. I’m honoured to be the Limerick Ambassador for this event, and I encourage everyone, including my colleagues of the 1973 team, to attend on 20th March.”

Over 8,500 people aged 50 and older were randomly selected to participate in the TILDA research and continue to be repeatedly interviewed and examined regarding many aspects of their lives including happiness, physical and mental health, financial circumstances, quality of life, and perceptions of ageing. The Limerick event will highlight themes including the importance of exercise, diet, social connectedness, purpose, and location.

Prof. Rose Anne Kenny said: “TILDA is one of the most important research studies in Ireland which helps to better understand why bodies and brains age and how we can best ensure long and prosperous lives, for today’s adults and for future generations. This unique partnership with the GAA will ensure that new research from TILDA and other international

studies is quickly communicated to all age groups. As a research institution we are very excited about taking this new knowledge out to the Irish people.”

TILDA benefits from support from Irish Life through its corporate social responsibility arm, as does the GAA’s Healthy Club project, which involves Limerick clubs Claughan, Galbally, Killeedy, Na Piarasigh and Mungret St. Paul’s.

Speaking about the ‘How to Age Well’ initiative said, David Harney, CEO Irish Life, said: “Our commitment at Irish Life is to make every community in Ireland healthier, and that commitment extends across all life-stages. With life expectancy in Ireland at 81 years, we want to ensure that people fully enjoy the years approaching and beyond retirement.”

“We have been a long-term supporter of TILDA and their vision of making Ireland the best place in the world to grow old. I believe that the GAA’s support of the ‘How to Age Well’ seminar series will bring valuable healthcare information to the wider community and help people of all ages, but particularly those over 50, to embrace change in their physical, emotional and social lives.”

GAA legend Míchéal Ó Muircheartaigh, the embodiment of positive ageing, attended the partnership launch in Croke Park and encouraged everyone to attend their local seminar.

To give the organisers an idea of numbers attendees are asked to register for the Limerick event at: <https://www.eventbrite.ie/e/how-to-age-well-evidence-from-tilda-delivered-by-professor-rose-anne-kenny-professor-of-medical-tickets-56036684231>

Or you can ring TILDA on 01-8964120 to reserve a place. Walk-ins on the night also welcome.

For more information contact Séamus Hogan of the GAA Community & Health department on seamus.hogan@gaa.ie or 01-8192937.

Note to editors:

The Irish Longitudinal Study on Ageing (TILDA) is a large-scale, nationally representative, longitudinal study on ageing in Ireland, the overarching aim of which is to make Ireland the best place in the world to grow old. TILDA collects information on all aspects of health, economic and social circumstances from people aged 50 and over in a series of data collection waves once every two years.

The **GAA Community & Health Department** aims to ensure that the health and wellbeing of members, clubs, and communities is at the core of all GAA activity. Its mission is to empower the Association to enrich the lives of our members’ and the communities the GAA

serves. This is achieved by providing all units and members of the Association with access to appropriate support and information.

Irish Life is a founding supporter of TILDA since 2006 as part of the company's Corporate Social Responsibility Programme. The other funders of TILDA are Atlantic Philanthropies and Dept. of Health.

Established in 1939, Irish Life is Ireland's leading life and pension company. Irish Life is committed to delivering innovative products backed by the highest standards of customer service and, as part of the Great-West Lifeco group of companies, one of the world's leading life assurance organisations, Irish Life has access to experience and expertise on a global scale, allowing the company to continuously enhance its leading range of products and services.