

## 'How to Age Well' revealed at free local seminar



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

**WHERE:** Breaffy House Hotel, Mayo

**WHEN:** Monday 23<sup>rd</sup> September 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.