

‘How to Age Well’ Trinity College seminar coming to Mayo on Monday, 23rd September

Free community event will be delivered by leading Irish expert on ageing Professor Rose Anne Kenny, Trinity College, at the Breaffy House in Castlebar from 7:00pm-9:00pm

XX August 2019: 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? Did you know that imprints of cellular ageing begin in early childhood? These nuggets of knowledge, and much more, will be explored by Professor Rose Anne Kenny as part of The Longitudinal Study on Ageing (TILDA), GAA and Irish Life joint initiative to spread the word on health and adult life. Research from TILDA at Trinity College Dublin and other international studies will be delivered by Professor Rose Anne Kenny, a world-renowned authority in ageing research and Principal Investigator of TILDA, in a seminar taking place in Castlebar, Co. Mayo, on Monday, 23rd September.

The event in Castlebar will highlight why and how exercise, diet, social connectedness, purpose, and location shape well-being. The seminar is being coordinated by Mayo GAA’s Health & Wellbeing committee and is open to all interested members of the public. Over 500 people have attended similar events held in Longford, Limerick, Donegal, and Wexford to date in 2019.

Professor 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. TILDA represents one in every 156 people aged 50 and over in Ireland. This unique partnership with the GAA and Irish Life ensures that research from TILDA and other international studies is quickly communicated to all age groups. We, at Trinity College, are very excited about taking this new knowledge out to the Irish people. The information is relevant to everyone, young and old.”

Claire Egan, former All Ireland winning Mayo ladies footballer, is the local ambassador for the event, and will be in attendance on the night. Speaking ahead of the event, Claire Egan said: “The ‘How to Age Well’ seminar is a brilliant initiative and I am delighted to be involved as an ambassador. This collaboration between the GAA, TILDA and Irish Life is a fantastic way to educate yourself on healthy living. I am personally interested in learning about the positive influence our social and community connections can have on one’s life. The local GAA organisation in Mayo understands the importance of supporting people to live healthier lives, and this seminar is the perfect way the wider community can learn more. Professor Rose Anne Kenny is a leading expert on the subject, and I am looking forward to hearing her tips on how to embrace the changes that come with ageing. I strongly encourage everyone to attend the seminar at Breaffy House in Castlebar on Monday 23rd September.”

TILDA benefits from support from Irish Life through its corporate social responsibility arm, as does the GAA’s Healthy Club project, which involves Mayo clubs including Breaffy, Castlebar Mitchels, Tuar Mhic Éadaigh, Davitts, Aghamore and Achill.

Speaking about the 'How to Age Well' initiative, 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."

Walk-in on the night or register for the event please go to: <https://www.eventbrite.ie/e/how-to-age-well-evidence-from-tilda-delivered-by-professor-rose-anne-kenny-professor-of-medical-tickets-67005720915>

Or you can ring TILDA on 01-8964120 to reserve a place.

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

For media information or to request an interview please contact:

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GAA Ambassador Claire Egan and Professor Rose Anne Kenny are available for interview in advance of the seminar.

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.