

Age without
limits **day**



**Celebrate
ageing.
Challenge
ageism.**

**Getting older can have its challenges.
Being treated negatively because of our
age should never be one of them.**

By celebrating ageing and inspiring others
to join us, we will challenge that negative
treatment - we'll challenge ageism.

Join us on Age Without Limits Day.
This is our moment to reclaim pride in our years.

**Take
part in
Age Without
Limits Day
on 11 June
2025**

Get involved at
AgeWithoutLimits.org

#AgeWithoutLimitsDay