

**Let's question
ageism**

**Age Without
Limits Day**

10 June 2026



**Why is it assumed
getting older
means...**

**Becoming
'less
capable'?**

**Losing
relevance?**

**Being less
valuable?**

Get involved at
AgeWithoutLimits.org

**This Age Without Limits Day we're
questioning ageism - the language,
stereotypes and assumptions that limit
us all. What will you question today?**

Today I will question...

#AgeWithoutLimitsDay
#QuestionAgeism