

May you live to be 120

Does Judaism have the answer to the secret of a long and healthy life?

Thursday 1st July 2010

Ivy House

8pm

£10 (in advance) £12 (on the door)

For tickets to this event:

020 8457 5000

www.ljcc.org.uk/events

London Jewish Cultural Centre

Ivy House, 94-96 North End Road,
London NW11 7SX

**A chance to hear from
experts including:**

Shoshana Boyd Gelfand,
Rabbi & Executive Director
of Reform Judaism

Felicia Huppert,
Professor and Founder of the
Cambridge University Well-being
Institute

Maureen Kendler,
Lecturer at LSJS


Julia Neuberger,
Peer, Rabbi and Trustee of Jewish Care

What are the practical steps we can take to help us age well and positively?
Can Judaism help us get there?


We will hear from the country's leading expert on positive ageing and will compare and contrast this with the Jewish perspective. Inspirational, practical and positive – come and discuss how you can take charge of your later years.

Your contributions will form part of ResponseAbility's ongoing research into positive ageing, which is part of its project **L'Chaim -To Life.**


May you live to be 120: Do I want to?




How can I age well?




What can Judaism teach us about growing old?




Do Jewish heroes only achieve success in old age?



Does ageing have to mean I can't do the things I used to?



Can ageing be a positive experience?



As I grow older do I still feel part of the community?



Can studying delay dementia?

ResponseAbility: Jewish Thinking In Action

ResponseAbility is a new cross communal organisation that bridges the two worlds of the Jewish and secular, providing a contemporary Jewish commentary on cutting edge issues.

Jewish Care is the largest Jewish communal organisation providing health and social care services and support to people in the community.

ResponseAbility's current project is **I'Chaim:To Life**. We're addressing what it really means to live a good life. This question, so fundamental to Judaism, is now being asked by the secular world. ResponseAbility is bringing experts and thinkers together to produce innovative answers.

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