



**Working out →**

# GETTING OLDER

This is a programme for those who see themselves as an older gay man and have difficulty with some aspects of that. It's also for you who see yourself as young now, but have some fears and concerns about increasing age and its impact on you.

You can enjoy your life no matter how old, and make the most of all that has happened to you in the years you've been on this planet. But it's up to you to make it happen.

This programme will show you how to:

- identify the issues you face as you get older
- take steps to make life pleasant and exciting
- make and follow a plan to ensure your needs are met