

# AGING ARTFULLY

Inspiring, healthy and creative activities for older adults in Camden



**DANCING AND YOGA  
TOGETHER**



**WALKING  
TOGETHER**

**COOKING  
TOGETHER**



**GROWING  
TOGETHER**



Akademi launches a new Community Learning Programme:

## ***AGING ARTFULLY***

An exciting new project involving older adults in creative learning activities, promoting healthy living, active ageing, good food, fun and wellness all in one.

Akademi will present a series of explorative group-based workshops and activities on the themes of Cooking for Health, Health Walks, Dance and Movement workshops, Volunteering and Health Champions.

These innovative education sessions will encourage adults to develop their lifelong-learning and personal wellbeing, with each participant making a wellness progress plan.

The project will run from September 2012-July 2013. In partnership with The Calthorpe project in Kings' Cross, the Surma Centre, in West Euston and Camden's Active health team.

With Thanks to our funders and supporters: The Community Learning Innovation Fund (CLIF), financed by the Skills Funding Agency (the Agency) and managed by NIACE.

For further information about the project please contact:

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