

Can we live longer, better?

Headspace2018 is a two-day celebration of scientific and creative investigation into brain health and dementia.

We invite you to join us in conversations about caring communities, research and cultural solutions, that will inform, engage, entertain and inspire.

The brain is especially sensitive to external influence and aging. Poverty, housing and education have huge effects on health. As does access to healthcare, isolation, social connectedness and personal security. It's estimated these social determinants account for 50% of disease and mortality. We grow old in different ways. **By 2041, 22% of the population will be 65 or older.** Addressing this change is key to improving health but healthcare alone can't solve the issues. It needs creative thinking and collaborative effort. Champions across society and government. Many voices and communities contributing to new scientific discoveries, innovations and cultural change in this area is important.

**Dublin 2nd & 3rd
March 2018.**

How do we change? What can we do, today? Where is innovation creating tomorrow's solutions?



HEADSPACE 2018

TRINITY COLLEGE DUBLIN
PARTICIPANTS INCLUDE

ASHTON APPLEWHITE

Author and activist
<https://thischairrocks.com/>

JOHN CONOLLY

Lead Counsellor, Westminster Homeless Health Counselling Service, CLCH NHS Trust
<https://www.linkedin.com/in/john-conolly-26b63743/>

ALEXANDRA COULTER

Arts & Health South West
www.ahsw.org.uk

TIM CARPENTER

Founder and Director EngAGE
www.engagedaging.org

For more information about our other speakers and the event's schedule, please see <http://www.creativeageinginternational.com/events/>

JOIN US AND BRING YOUR LIVED AND LEARNT EXPERIENCE.

This event is **FREE** but spaces are very limited. You must register to attend.
TO BOOK: <https://www.eventbrite.com/e/headspace2018-tickets-39836682590>

Inspired by:



Building a Better Health Service

Seirbhís Sláinte Níos Fearr á Forbairt



Clár Éire Ildánach Creative Ireland Programme 2017-2022



CREATIVE AGING INTERNATIONAL
We Celebrate Aging

Creative Aging International are producing two events in Spring 2018 stimulating thought leadership in creative aging: Headspace2018 across Trinity College Dublin on March 2nd & 3rd and CreatingANewOldSanFrancisco February 9th & 10th. **More at www.creativeageinginternational.com**