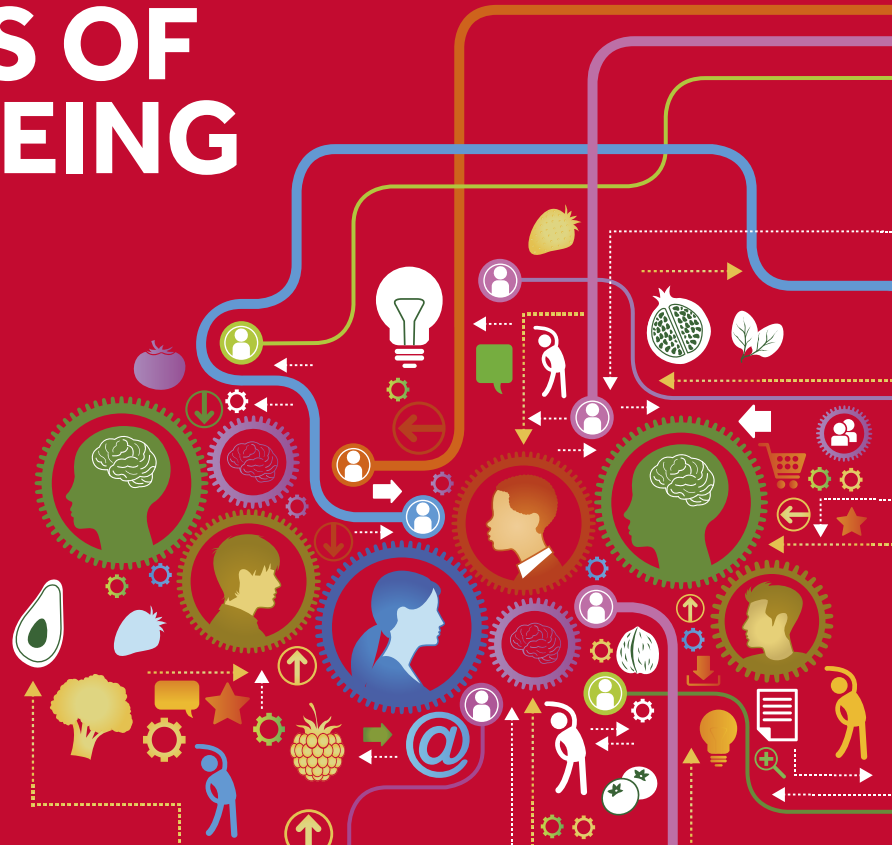


# THE SECRETS OF HEALTHY AGEING

Wednesday 14th September,  
7pm-8.30pm

G11 Henley Business School,  
Whiteknights campus





# HOW CAN YOU ACHIEVE HEALTHY AGEING?

The School of Psychology and Clinical Language Sciences is delighted to be hosting “Brain Training” expert Professor Ryuta Kawashima from Tohoku University in Japan. Join us for a very special interactive workshop, where Professor Kawashima will be joined by leading diet and exercise experts from the University of Reading to discuss the ‘secrets to healthy ageing’.

## Event information

**Date** Wednesday 14th September **Time** 7pm – 8.30pm

**Venue** G11 Henley Business School, Whiteknights campus

## Book your free place

Admissions are free but places are limited.

To book a place, visit [www.reading.ac.uk/events](http://www.reading.ac.uk/events) or contact [events@reading.ac.uk](mailto:events@reading.ac.uk) or call **0118 378 6718**.