



**PSALM**

TAKING AGEING AND FAITH SERIOUSLY

Registered charity 1103130

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www.PSALM.org.uk

# RESILIENCE IN LATER LIFE



Getting older makes lots of demands and there are plenty of hazards and worries. The challenge is not to let these get us down and this is where resilience matters. We will look at ways we can build up our resilience and consider how faith can be part of this. Indeed, research suggests that resilient people are much more likely to report having sources of spiritual and religious support than those who don't.

**Thursday 2 April 2020 11am - 3pm**

**Venue: St Pancras Church House, 1 Lancing Street, NW1 1NA**

Coffee etc at 10.30am, prompt start at 11am. Please bring a packed lunch but drinks will be provided.

Cost £10 (£8 for PSALM members). To book your place return a booking slip to:

PSALM, St Pancras Church, Euston Road, London, NW1 2BA

Or email your details to: psalm@stpancraschurch.org, or leave a message on 020 7388 1461

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Please book a place for me on the 'Resilience in later life' workshop  
(please photocopy additional forms for others who may wish to attend)

Name .....

Address .....

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Tel ..... Email .....

I enclose cash/a cheque for ..... (£8 for members of PSALM, £10 for non-members)

Please make cheques payable to St Pancras PSALM