

Honorary President founders Dr Marie-Françoise Fuchs

The Association is supported by A scientific committee



HEAD OFFICE

## MDA 7

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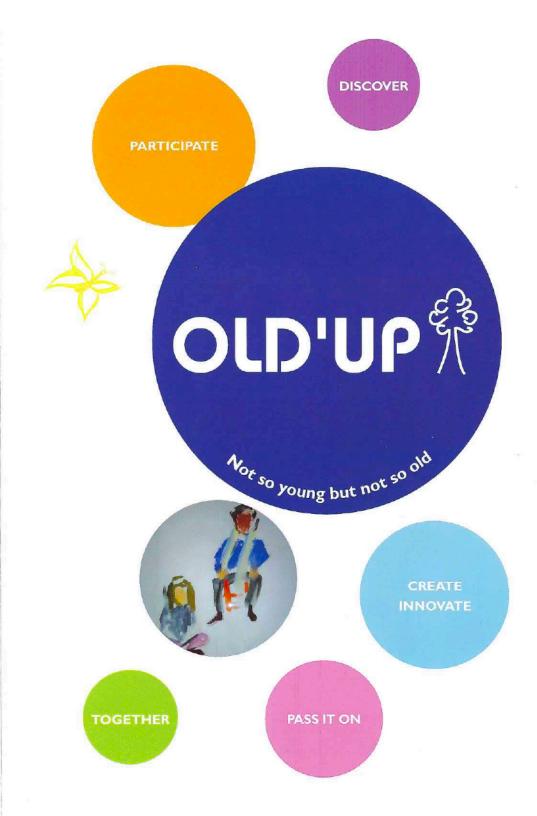












The **OLD'UP** Association

is an effective tool for reflection and action, an objective is vital, that of "active aging".

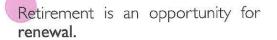
> One can devote one's time to actions interesting and useful to oneself and to others.

> one's life.

are inseparable.

OLD'UP aspires to breathe life into this "utopie créatrice".

> Professeur Maurice Tubiana Président d'honneur de OLD'UP



Work (salaried or volunteer) as an "active citizen" through worthy actions that give significance to

In the contemporary world knowledge or know-how is soon out of date... Continuous learning throughout one's life is a necessity. This concept should be extended to life after retirement, learning and action

Participation in an association is a way of staying informed and fit.

THIRD LIFE

ALLIANCE

with **OTHER** 

**GENERATIONS** 

## **Actions** of the **Association**

Addressing the "Not so young but not so old". who want to give meaning and utility to their lengthening life.

OLD'UP unites and

supports «elderlies»

who are aware of

the challenges they

confront to be full

citizens participating

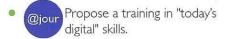
in social life, an asset

and not a burden for

positively and usefully

Particularly intended to bring together people living the second phase of their retirement, and to promote an ACTIVE AGING. Its frame of activity is the following to:

 Organize thematic workshops, a wellspring of exchanges, resources, conviviality, ans apprenticeships.



## PROMOTE AND ORGANIZE CITIZEN ACTIONS.

- Join a European action.
- Initiate research and produce articles or publications.
- Organize and participate in conferences, colloquia or forums.
- Militate for the accessibility to active life of people of this generation often suffering multi-mini-handicaps.
- Contribute through its site www.old-up.eu to form a network, a dynamic movement for the new generation.



society.

Give **MEANING** and **USEFULNESS** in the lengthening of life