



# Changing Gears

## Building Resilience and Managing Transitions in Mid to Later Life

Age & Opportunity is delighted to offer Changing Gears in partnership with Carlow County Library, in person this July and August at the Library.

Designed to boost wellbeing and resilience for those aged 50+ years, it is a five-session course which focuses on managing transitions in mid to later life.

### What is Changing Gears?

Changing Gears supports people in dealing with transitions or significant life-challenges in mid to later life. It focuses on how we can build resilience, take stock, make changes, and bounce forward in life.

**Venue:** Carlow County Library HQ, Tullow Street, Co. Carlow R93K126  
**Dates:** Thursdays 25 July, 1, 8, 15, 22 August 2024  
**Times:** 10.30 am - 1.00 pm (which includes a comfort break with tea and coffee)

To book a place on this course, please e-mail Fiona at [library@carlowcoco.ie](mailto:library@carlowcoco.ie).

**Please note that this course has been funded by the HSE and is free of charge.**

**Participation requires attendance at each of the five sessions (please do not book a place if you cannot attend on these dates).**

Age & Opportunity is the national organisation that provides a range of opportunities for older people who want to get more involved in arts and culture, sport and physical activity, civic engagement and personal development. Our aim is to enable the best possible quality of life for us all as we age, where we are more active, more visible, more creative, more connected and more confident.