

#AgeWithoutLimits



# Age Without Limits



Get involved at  
[AgeWithoutLimits.org](https://AgeWithoutLimits.org)



## **Welcome to the movement.** **Welcome to Age Without Limits.**

### **Ageism is the prejudice that's hidden in plain sight.**

It's embedded in our society and even accepted as normal by those of us who are older. We see and hear casual ageism every day in the media, on TV, at work, in pubs / cafés, on social media, or daily conversations. Thinking negatively about ageing and older people has been accepted and ignored for too long.

### **It doesn't have to be this way.**

Age Without Limits is a campaign from the Centre for Ageing Better to challenge ageism for the benefit of us all as we grow older.



**Find out more**

Visit **AgeWithoutLimits.org**

Email **information@AgeWithoutLimits.org**