

FULL OF LIFE

Full of Life is a celebration of the opportunities, achievements, and aspirations of older people.

UK Older People's Day 2009

Following the success of last year's celebrations, 2009's Older People's Day will take place on 1 October. The day highlights the contribution older people make to our society and economy, and tries to tackle any negative attitudes and stereotypes by bringing different generations together to promote a more positive view of later life.

From allotment projects to tea dances, exercise classes to achievement awards, around 50,000 people took part in some 900 local events across the country in 2008.

This page will be updated in the coming months, so please check back for more information. We hope you will help us to make Older People's Day 2009 as successful and enjoyable as last year's.

Further information

To find more information for over 50s, click the link below, which will take you to the Over 50s section of the Directgov website. If you would like more details about Full of Life, click the second link to be taken to further information.

- ▶ For more information for Over 50s visit the [Directgov website](#)
- ▶ Find out more about Full of Life on the [Department for Work and Pensions website](#)

