



Join forces with PADCA

#GOBLUE:

17 September - 12 October



We challenge **YOU** to help us **draw attention** to the benefits of remaining both **ENGAGED AND ACTIVE** as we grow older as well as **create awareness** for the fact that some seniors will need assistance and support when dealing with the financial, emotional and physical challenges.

SHARE OUR ARTICLES

You'll find well researched and interesting articles on key issues, on www.padca.co.za/goblue, feel free to share them to anyone you think will be interested.

PREFER TO CHAT?

Call us on 033 345 4711

**“Healthy Aging:
doing what you love
for as long
as possible!”**

For more info:
www.padca.co.za or
Jean at
adminsec@padca.co.za



SHOW YOUR SUPPORT!

Wrap trees and poles in front of your business, school or home.

Then **SHARE YOUR PHOTOS** on our Facebook page with **#GOBLUE** and challenge others to do the same



GET INVOLVED

Discuss with colleagues, learners and family, just **ONE THING** you could do to improve the lives of seniors in the Midlands.

We'd love to hear from you.

PADCA
Seniors Are Our Business And Our Concern