AGING GRACEFULLY, LIVING FRUITFULLY

The challenges and invitations of older adults on finishing well & living a full and fulfilling life

Wed May 26, 2021 (Public Holiday)
9.30 am - 4.30 pm
Cost: $50
Venue: Zion-Bishan BP Church, 4, Bishan St 13, S579792

Speakers:
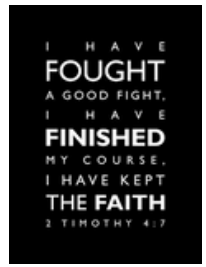**Bishop Emeritus Dr Robert Solomon & Dr Ko Soo Meng**

Aging, Frailty & Spirituality: A key aspect of aging is coming to terms with declining health. *How do we cope with this, with pain and disability and even with death? How does knowledge of our own mortality affect us, including coming to terms with (or, facing) our own death?* A blessing of aging is ability to slow down and reflect, to practice more silence and solitude. *How do we stay alive spiritually, keeping our passion and convictions strong? How do we hear God afresh and cultivate spiritual habits for the spiritual journey? How can we continue to have a ministry mindset and leave a legacy of faith and love?*

Aging & Our Inner Wellbeing: Aging gracefully necessitates paying attention to and nourishing our inner wellbeing – our mental & socio-emotional lives. A great challenge is loneliness, and if you add others, they may include fears & anxiety, guilt & depression, anger & bitterness. *How do we manage these mental and emotional disturbances – and transform them into positive emotions – like joy, peace and love, gratitude and contentment? How do we cultivate and nurture strong relationships that spur us to holistic health?*

Dr Robert Solomon is a well-known and sought-after teacher and preacher in Singapore and abroad. Drawing from his extensive ministry and faithful study of God's Word, he has written more than 40 books, including *Raising the Next Generation* and *Growing Old Gracefully*.

Dr Ko Soo Meng is a Senior Consultant Psychiatrist at Mt Alvernia Hospital and an adjunct associate professor at the Yong Loo Lin School of Medicine and Singapore Bible College. He has written several books and together with his wife, Helen, they coauthored *Understanding & Counselling Older People*.