



# What to expect

*Develop a healthy self image around aging.*

**Examine your attitudes and beliefs about aging.**

*Discover a direction for the remaining years of your life.*

**Discover how to set and maintain healthy boundaries around the use of your time.**

*Find balance between having freedom to choose what you do and having life be meaningful and fulfilling.*

**Find you inner wisdom and power.**



# Location



Atlow Mill Centre  
Hognaston  
Nr. Ashbourne  
Derbyshire  
DE6 1PX

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Fax: 01335 370279  
E-mail: [info@atlowmill.org](mailto:info@atlowmill.org)



# Re-wirement for Retirement

**For people approaching retirement and those who have already retired but still wish to be active and useful participants in life.**



# The course

Through the exploration of emotional education this course takes a new and stimulating approach to enhancing the human capacity to adapt to the inevitable physical and psychological changes that come with aging.

'The course is suitable for anyone who is approaching or has reached 'retirement' age but doesn't want to conform to the stereotype of the 'Senior Citizen'.

The course will enable you to value your experience and wisdom and challenge stereotypical attitudes towards aging and the elderly, gives and prevents you from being trapped in the thought of 'getting old' and gives you a new lease of life!

**The course will cover a range of issues and explore the following questions:**

*Why do some people never look their age?*

**Do you find yourself thinking you should "slow down"?**

*Do other people reinforce this belief?*

**Do you base your sense of self worth on what you do / or did for a living?**

*What are you going to do with the rest of your life?*



# Information

The course is set in a safe and nurturing environment at the Atlow Mill Centre residential facility which is set in a secluded valley in the beautiful Derbyshire Dales.

**The course will start at 4pm on Tuesday 4th November and ends on the evening of Thursday 6th November.**

We provide a calm ambience, excellent homemade food and a safe and caring environment as a backdrop to our courses.

**The price is £240 per person which includes full board accommodation.**

**For more information, please contact us on:**

**Phone:** 01335 370494

**Fax:** 01335 370279

**Email:** [info@atlowmill.org](mailto:info@atlowmill.org)

Courses run throughout the year. Please contact the centre or visit our website for details.

[www.atlowmill.org](http://www.atlowmill.org)



# To book

**Please reserve me a place on the Re-wirement for Retirement course.**

My contact details are:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

I enclose a non-refundable deposit for £50   
(balance required by 14th October)

I enclose full payment of £240

*Places are limited and on a first come first served basis.*

Please make cheques payable to:  
**'Atlow Mill Centre'** and return this form to:

**Atlow Mill Centre, Hognaston,  
Nr. Ashbourne Derbyshire DE6 1PX**

