



Age Proud Leeds



**Ageism.
What
does it
do to us?**

**Let's talk
about
ageism**

**Time to
feel good
about
ageing**

**Older.
Different.
Equal.**

**Ageism
affects
people of
all ages**

**Age
Proud
Leeds**



“Ageism is prejudice
against our own future
selves.” Ashton Applewhite

Age Proud Leeds is a campaign to raise awareness
of ageism and change negative attitudes about
ageing and older people.

Join the campaign

timetoshineleeds.org/age-proud-leeds Tel: 0113 244 1697

@TTSLeeds #ageproudlids

