

FACT SHEET: ACTIVE AGEING CARNIVAL



Experience new possibilities

The Active Ageing Carnival is a free, one-day event where seniors can seize opportunities to try out new activities not typically associated with older persons as well as sample a range of lifestyle choices open to seniors. The Carnival, introduced this year as part of Active Ageing Festival, is designed to encourage seniors to challenge self-limiting beliefs and to expand their horizons in a safe yet fun and friendly atmosphere.

Date:	Sunday, 18 November 2007
Time:	10 a.m. to 6 p.m.
Venue:	Open space above Dhoby Ghaut MRT station

The six dimensions of wellness

The six-dimensional model of wellness identifies six distinct but interactive elements in our lives – social, intellectual, physical, vocational, emotional and spiritual. By engaging in activities related to some – or all – of these six elements, Active Agers are able to attain a high level of well-being and enhance their quality of life.

Social Wellness is about...

- Having positive relationships with friends and family; living in harmony with others

Intellectual Wellness is about...

- Acquiring knowledge and skills; learning new things, whether through formal training or taking up a hobby

Physical Wellness is about...

- Caring for one's health; exercising, observing good eating habits, managing medical conditions and using medication properly

Vocational Wellness is about...

- Finding personal satisfaction and fulfillment through work and volunteerism

Emotional Wellness is about...

- Being able to manage and express feelings; being accepting of how others feel; having a positive outlook on life

Spiritual Wellness is about...

- Having an appreciation of life and natural forces in the universe; having a personal value system and acting in accordance with that value system