



OUR GROWING WISE YEARS IS AGE JUST A NUMBER?

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ROI HEALTH MENTAL HEALTH TRAINING

10, 20, 40 , 60, 70 , 80, 100..... Age ...It's just a number?

“How old are you? ” or “How wise are you?”

Do we value age & wisdom in the western world

Are we assessed on our age, our achievements, our bodies?



Surfing industry income \$50 billion in 2017

Commodification of women, only younger women used in advertising
sexualization, sex sells, music genres, body shaming,
eating disorders, social media (Fake Book, No Glam)
Sexting, corporate porn marketed as 'Fashion'

Every 5th advert is aimed at body image (during female genre shows)

Children's clothes sexualized, women's self-esteem shattered

Dove 'Real Beauty' campaign??

'Embrace ' Body Esteem Documentary Taryn Brumfitt

85% of popular magazines are photo-shopped to sell copy

It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

...I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it. I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

...I want to know if you can live with failure, yours and mine, and still stand at the edge of the lake and shout to the silver of the full moon, "Yes!"

...It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the centre of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.

Wise women, wise years....

Meryl...body-boarder 89 years wise (Perth)

Iceberg Swimmers

Water births

The ocean doesn't discriminate on age

The ocean can literally 'baptise' , be cathartic,

In the here and now

Benefits mental health & well-being

Social cohesion , friendships, solace

Challenges and celebrates

Age should be no barrier.... should it...???