

DISMANTLING AGEISM:

IT IS NOT TIME THAT MAKES GETTING OLDER DIFFICULT IT IS OUR AGEISM.

AGING IS A POWERFUL HUMAN EXPERIENCE

ANY JUDGMENT ABOUT A PERSON OR A GROUP OF PEOPLE BASED ON HOW OLD WE THINK THEY ARE...

NO THANKS TO A MULTI-BILLION DOLLAR "ANTI-AGING" INDUSTRY

CULTURAL ASPECTS OF AGING IMPACT OUR FRIENDS & BODIES at the CELLULAR LEVEL

AGEISM MAKES NORMAL TRANSITIONS FEEL SHAMEFUL

THERE IS SO MUCH STIGMA AROUND AGING

WHICH IS REALLY JUST LIVING...

THIS PREJUDICE ISN'T ABOUT BIOLOGY, IT IS ABOUT

POWER

NOT MONEY

"IT IS SAD TO BE OLD"

"TO AGE IS TO LOSE ONE'S VALUE AS A HUMAN BEING"

MANY OLDER PEOPLE REFUSE HELP BECAUSE THEY FEEL SHAME

WE ARE COMPLICIT IN IT...

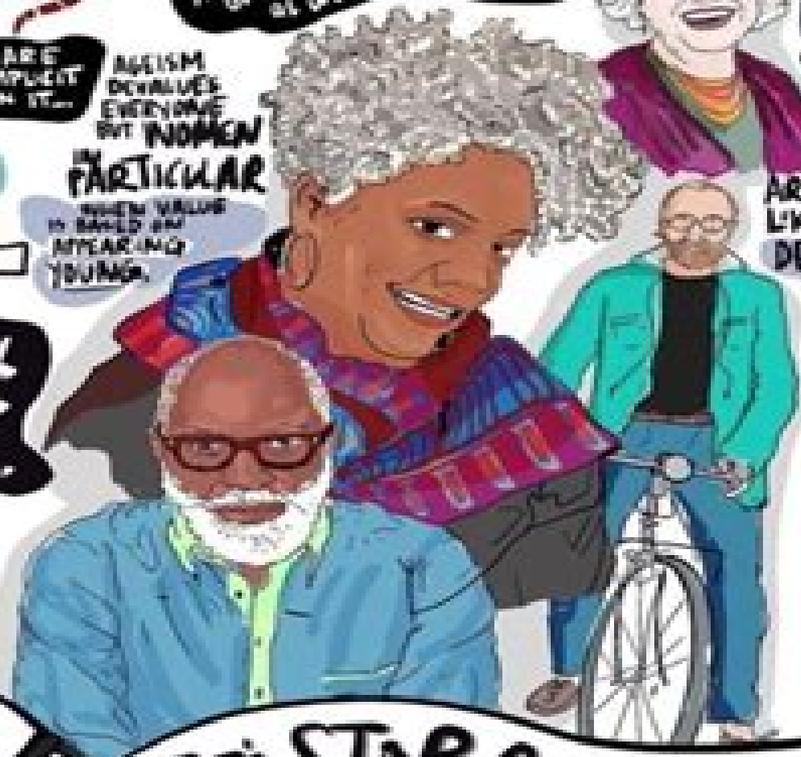
AGEISM DEVALUES EVERYONE BUT WOMEN

IN PARTICULAR WHEN VALUE IS BASED ON APPEARING YOUNG

PEOPLE WITH POSITIVE VIEWS ON AGING HAVE BETTER MENTAL HEALTH AND LIVE LONGER

and ARE LESS LIKELY to develop DEMENTIA.

ASHTON APPLEWHITE - "WE ARE ALL AGING, SO LET'S END AGEISM" KEYNOTE FOR BIONEERS CONFERENCE (2018). SOURCED FROM YOUTUBE (DEC. 2022)



CULTURE IS FLUID

LET'S STOP COLLUDING

Ageism

JR Anderson



Ageism:

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<https://matrix.jamesarcher.co/files/publication/Documents/Self%20Help%20Mindset%20Blueprint.pdf>

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