

Président d'honneur
Professeur Maurice Tubiana

Présidente
Docteur Marie-Françoise Fuchs

L'Association s'appuie sur :
 Un comité de parrainage
 Un comité scientifique
 Un comité d'action

@jour



Plus si jeunes,
 mais pas si vieux

Association loi 1901 agréée comme association d'intérêt général
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DISCOVER

PARTICIPATE



OLD'UP 

Not so young but not so old



CREATE
 INNOVATE

TOGETHER

PASS IT ON

The **OLD'UP** Association

is an effective tool for reflection and action, an objective is vital, that of "active aging".



Retirement is an opportunity for **renewal**.

One can devote one's time to actions interesting and useful to oneself and to others.

Work (salaried or volunteer) as an "active citizen" through worthy actions that give **significance to one's life**.

In the contemporary world knowledge or know-how is soon out of date... **Continuous learning** throughout one's life is a necessity. This concept should be extended to life after retirement, learning and action are inseparable.

Participation in an association is a way of staying informed and fit.

OLD'UP aspires to breathe life into this "utopie créatrice".

*Professeur Maurice Tubiana
Président d'honneur de OLD'UP*

In
ALLIANCE
with **OTHER**
GENERATIONS

A
THIRD
LIFE

Actions of the **Association**


Addressing the

"Not so young but not so old",

who want to give meaning and utility to their lengthening life.

OLD'UP unites and supports «elderlies» who are aware of the challenges they confront to be full citizens participating positively and usefully in social life, an asset and not a burden for society.

Particularly intended to bring together people living the second phase of their retirement, and to promote an **ACTIVE AGING**. Its frame of activity is the following to:

- Organize thematic workshops, a wellspring of exchanges, resources, conviviality, and apprenticeships.
-  Propose a training in "today's digital" skills.
- **PROMOTE AND ORGANIZE CITIZEN ACTIONS.**
- Join a European action.
- Initiate research and produce articles or publications.
- Organize and participate in conférences, colloquia or forums.
- Militate for the accessibility to active life of people of this generation often suffering multi-mini-handicaps.
- Contribute through its site www.old-up.eu to form a network, a dynamic movement for the new generation.



Give
MEANING
and **USEFULNESS**
in the **lengthening**
of life

