

**Age** without  
limits  
action day



**#SeeAndBeSeen**

**How we are represented as we grow older can have a profound impact on other people's beliefs, attitudes, and behaviours towards us - particularly if negative or stereotypical.**

This Action Day find out why imagery matters - visit our website to download our photo guide and view our free, age-positive image library.

Find out more at

**[AgeWithoutLimits.org](https://www.AgeWithoutLimits.org)**



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