

## Care Café: "Ageing is an Enigma: should I laugh or cry?"

*What do we know about ageing? Is it just wear and tear? Do we age the same as animals? What does ageing achieve for human beings? Is there value in ageing? Did Jesus ever heal ageing?*

Kiama Anglican Churches warmly invites you to our next Care Cafe to be held from 2 - 4pm on Tuesday, 24 March when retired geriatrician Dr Russell Clark will address this topic.

Our speaker, Russell Clarke, is an expert on this topic as a retired doctor and a former part-time senior lecturer at two Sydney universities; a missionary attached to a Tanzanian Medical Centre; and a founder of two Departments of Medicine & Geriatric Medicine at hospitals in Sydney & Hong Kong.\*

Russell and his late wife Kay were honoured in 2015 with Order of Australia Awards for services to Medicine and the Church.

If you, a friend or family member would benefit from this informative talk followed by a delicious afternoon tea, please come along. The Care Cafe will be held in the Church Point Centre, Kiama Anglican Church, 2 Terralong St, Kiama.

RSVP for afternoon tea catering: [office@kiamaanglican.org.au](mailto:office@kiamaanglican.org.au) or ph 4232 2066 by 23/03/20.

A donation towards Care Cafe would be greatly appreciated. Visit our website for more details [www.kiamaanglican.org.au](http://www.kiamaanglican.org.au)

\*more extensive bio:

Our speaker, Russell Clarke, a retired doctor has been a part-time senior lecturer in the Faculty of Medicine at UNSW and Notre Dame Universities. He spent many years as a missionary with CMS in Tanzania attached to the Kilimanjaro Christian Medical Centre and the Tumaini University and founded both the Department of Medicine at the United Christian Hospital, Hong Kong and the Department of Geriatric Medicine at St Vincent's Hospital.