

## Seminar

on Thursday, December 8<sup>th</sup> 2016, 16:00 (at **Restaurant Schwellenmätteli, Bern**)

# “Lessons on growing older from a 97-year-old record breaker”

**Charles Eugster**, L.D.S., R.C.S. Eng, expert in successful ageing

Taking on new challenges, learning new things, and improving your body as it ages is not only fun and rewarding for the individual, but also beneficial to an aging society. Charles Eugster shares some of the experiences and accomplishments that marked his own journey to creative, productive, youthful maturity. He shares his mission to change the way society thinks about growing old, one press-up at a time.



**Dr. Charles Eugster**, 97, studied dentistry at Guy’s Hospital in London, graduating in 1948. He subsequently received dental degrees from the Universities of Zurich, Switzerland, and Heidelberg, Germany, as well as from Northwestern University in the United States, and retired from private dental practice at the age of 75.

But there was more to life than dentistry. Looking for a challenge, Eugster started competitive age-group **rowing** at 63, took up **body building** at 87, and began **sprinting** at the age of 95. He now holds British records for 60m Indoor, 100m Outdoor, 200m Outdoor and Long Jump, and is a two-time World Record holder for his age group in sprinting. He is a 4-time **World Fitness Champion** and won a staggering 46 Gold Medals for **World Masters Rowing**.

Eugster’s 2012 TEDx Zurich speech received more than half a million hits on YouTube.

### Organisation:

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