

u3a on ITV Tonight Programme

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In the Tonight Programme on 11 March, u3a members talk to Martin Kemp about ageing well

u3a members features in ITV's Tonight Programme on 11 March.

In this 'How To Age Well' programme, Martin Kemp talks to u3a members and CEO Sam Mauger about positive ageing in a virtual coffee shop discussion.

Watch the episode on 11 March, and share your thoughts about the programme with us on social media. Use the hashtag #ITVTonight and @u3a_UK on Twitter.