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Psych Up Live
Thursday at 11 AM Pacific
**April 29th 2021: Encore Confronting Ageism:
Discrimination Based on Age**

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Have you ever been dismissed because you were considered too young, or ignored because you were deemed too old? If so, you have experienced Ageism, stereotyping and discrimination based on age. In this show, author activist, Ashton Applewhite will raise our consciousness about age discrimination with research, humor and personal references. Drawing upon her acclaimed book, *This Chair Rocks: A Manifesto Against Ageism*, her powerful discussion and examples will make it clear "that chronological age is an increasingly unreliable benchmark of pretty much anything about a person." You will wonder

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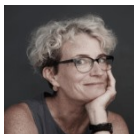
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Featured Guest



Ashton Applewhite

Author and activist Ashton Applewhite is the author of *This Chair Rocks: A Manifesto Against Ageism*. In 2016, she joined PBS site Next Avenue's annual list of 50 Influencers in Aging as their Influencer of the Year.

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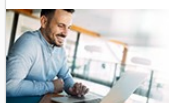
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