

POSTCARDS FROM MIDLIFE LIVE 2023

BRAND NEW HEALTH, WELLBEING AND LIFESTYLE FESTIVAL LAUNCHES FOR WOMEN LOOKING TO EMBRACE AND CELEBRATE MIDLIFE

Postcards from Midlife Live is a brand new festival taking place in London next year. The stylish, fun and informative two-day festival will take place on the 19th and 20th May 2023 and will be hosted by the acclaimed *Postcards From Midlife* podcast presenters, Lorraine Candy and Trish Halpin. The event is the ideal way for women in their midlife to feel informed, confident and enjoy a really fun day out with friends.

Trish and Lorraine are co-hosts of the wise and witty chart-topping podcast *Postcards From Midlife*. On the pod they talk candidly and positively about life over 40, with celebrity guests and industry experts, and have led the changing narrative about what it means to be a menopausal woman today. Now they are opening up their little black books to bring the best of the best to *Postcards from Midlife Live*. Both have built successful careers as journalists and broadcasters and have between them edited many glossy magazines, including ELLE, Marie Claire, Cosmopolitan, Red, Instyle and Sunday Times Style.

The entertaining festival will feature expert talks, workshops, live interviews, shopping and inspiration to help guests make the most of their spirited second act and answer all their questions about navigating midlife. Each day will be jam-packed with motivating sessions hosted by experts and celebrities from the worlds of fashion, beauty, wellness, careers, finance, fitness, health and relationships. The dynamic hosts, Lorraine and Trish will be live on the main stage interviewing iconic Gen X celebrities, including Patsy Kensit and Sadie Frost, as well as leading experts such as the gut health guru, Professor Tim Spector. Expert panels will offer advice from guests such as renowned celebrity facialist Abigail James, and delve into incredible real-life stories from awesome women – the full line-up of celebrity guests and experts will be announced soon!

Postcards from Midlife Live will have six exciting zones to delve into and explore. Each day the zones will be the hub for inspiring sessions hosted by experts and celebrities coming together to empower women. The festival will also have stylish shopping brands to visit, as well as chic spaces to relax with friends, make new connections and indulge in delicious food and drink.

For those in need of a style reset, a visit to the ***Fashion*** area will help them to re-imagine their midlife wardrobe and evolve their look. Meanwhile the ***Beauty*** zone will help women to update their skin, hair and make up routines, with the guidance of brilliant beauty experts sharing their advice, wisdom and product know-how.

For women who want to perk up their long-term relationship, find love and intimacy with someone new or get reacquainted with their libido, the ***Sex, Dating and Relationships*** zone will have experts on hand to help them find the answers. With selfcare and body positivity being an essential goal for mid-lifers, a visit to the ***Health, Fitness and Nutrition*** zone will offer workshops to help guests eat, sleep and live better – with a particular focus on specific midlife health dilemmas, from weight gain and peri-menopause to pelvic floors.

In the ***Career, Family and Finance*** section, experts will help women to navigate parenting teens, care for ageing parents, manage finances and make the most of their careers - or even start a new one. The final zone focusses on ***Hobbies, Travel & Adventure*** helping midlifers to follow their passions and discover new ones.

Visitors can round up their friends and meet in ***The Midlife Playroom*** to unleash their creative potential. There will be a programme of artistic workshops taking place, from writing, painting and textiles, to photography and floral design. Finally, a series of talks that focus on How To Win At Midlife, a popular strand of the podcast, will offer advice and resources to ensure every guest makes the most of their stylish and spirited second act.

Head to www.postcardsfrommidlifelive.co.uk to sign up and register your interest in attending the event and receive the latest news and pre-sale ticket offers.

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Notes to Editors:

Postcards From Midlife podcast was launched in January 2020 and is co-hosted by former glossy magazine editors Trish Halpin and Lorraine Candy. For more information go to: www.postcardsfrommidlife.com

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