

Ageing Well

An ERASMUS+ Project



Ageing well - how?

Physical Health: Ageing well involves staying active and taking care of our bodies through regular exercise, balanced nutrition, and preventive healthcare measures. It's about managing chronic conditions effectively and adapting to changes in our bodies over time.

Mental Well-being: Ageing well means maintaining cognitive function, emotional resilience, and a positive outlook on life. It involves staying mentally stimulated through lifelong learning, engaging in meaningful activities, and seeking support when needed to address mental health challenges.

Social Engagement: Ageing well includes staying connected with others and participating in social activities that bring joy and fulfilment. It's about building strong relationships, contributing to our communities, and feeling valued and supported by those around us.



Co-funded by
the European Union

The Project

Welcome to our Project! We're dedicated to helping you age well and enjoy a healthy, fulfilling life. This leaflet will introduce you to our project and the many benefits it offers you.

Key objectives:

- **Enhancing Quality of Life:** Offering programs and resources to boost wellbeing.
- **Community Building:** Creating a supportive network to share experiences and solutions.
- **Educational Resources:** Providing valuable information and training for better living.
- **Innovative Approaches:** Developing new strategies to address ageing challenges.
- **Advocacy:** Promoting policies that support healthy ageing.



The Partners

The AgeingWell Project is driven by a team of dedicated organisations from across Europe. This includes E-Seniors (France), CARDET (Cyprus), HAPPSY (Greece), EAEA (Belgium), Infodef (Spain), IoD (Cyprus), SEMwell (Czech Republic), and SVEB (Switzerland). Together, they are committed to enhancing the quality of life for seniors through innovative and supportive initiatives.

What we are doing

Ageing Well focuses on promoting healthy ageing through comprehensive healthcare services, community support, and educational resources. We aim to empower seniors to live independently and actively.

Our Social Media

Website

<https://eaea.org/project/ageing-well/>

LinkedIn

<https://be.linkedin.com/showcase/ageingwell/>

Facebook

<https://www.facebook.com/profile.php?id=61558462526241>

