



Newsletter

Science based habits of people who age well - Ageing Well Project

TRAINING PROGRAMME

The Ageing Well Training Programme is out! Visit our [website](#) to download the training programme materials in [English](#), but also in [Czech](#), [French](#), [Greek](#) and [Spanish](#)! The programme is divided into 6 modules, all developed by the different organisations of the consortium. In each module, we provide you with 4 lessons plans for easy and practical implementation.

E-LEARNING SPACE

You can also now visit the e-learning platform designed specifically for older adults! This programme was designed to support older adults in acquiring new competences through practical content, which will improve their health, well-being and active participation. Seven modules were developed and are now available at the [Ageing Well eLearning Space](#). Start learning now and explore the modules, quizzes and multimedia materials we have prepared for you!



FINAL CONFERENCE & FINAL MEETING

The partners met one last time in Paris to discuss the sustainability of the project and the next steps to ensure the materials created continue to reach caregivers and older learners in the countries where the project worked. e-Seniors, the project coordinator, also organised a open conference with 50 attendees, mainly seniors, to disseminate the final results and raise awareness for the importance of active ageing and continue learning. Digital well-being and storytelling were some of the main topics discussed. Thank you to all the participants from joining us in Paris!

