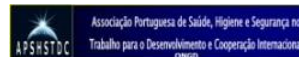




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WOMEN'STEC



LIVING HEALTHY THROUGH GENERATIONS

Light.Gen is a European project carried on in several Countries: Poland, Italy, Turkey, Romania, United Kingdom, Ireland, Portugal and Spain.

The main objective of the project is to provide families, especially older generation, with knowledge and practical competencies in the field of dietetics, healthy nutrition and an active lifestyle, to present different variations of balanced diets and to introduce simple sport activities.

Detailed aims of the project are to provide information on:

- ✓ active lifestyle - importance of being physically active
- ✓ healthy lifestyle - importance of eating healthy
- ✓ light.gen style - recommendations and suggestions prepared on the base of project findings
- ✓ exchange and transfer of good practices, experiences.



Within the LLP-funded project “Living Healthy Through Generations”, partners met in Dublin (Ireland) from 25th to 29th of August 2014 to discuss project development.

Specifically, attention was paid to the development of the courses training programme, which start in the months of February/March 2015 in all eight regions.

The partners decided to focus the training programme for Healthy Lifestyle on the following topics:

- ▶ *Healthy eating;*
- ▶ *Stress management Work-life balance;*
- ▶ *Prevention of smoking, alcohol and consumption drugs;*
- ▶ *Natural remedies for a healthy lifestyle.*



About the Course on Active Lifestyle, the partners developed the following topics:

- ▶ *Effective communication- a way of active social insertion;*
- ▶ *To learn how to cook healthy;*
- ▶ *Awareness of risks of inactivity and sedentarism;*
- ▶ *The role of physical activity in maintaining a healthy life.*



Each partner will organize the eight workshops in their national language



The fifth meeting will take place in Fuengirola (Spain) from 9th to 13th March 2015. During the meeting, the partners will present the topic's development of Courses about Healthy Lifestyle and Active Lifestyle, course and workshop duration and other requirements. They will discuss about the activities of dissemination and evaluation, the structure of the Booklet, summary and conclusion about Final report of the research.

Second year is mainly the Courses year. Our aim is to realize the Training in each country about healthy and active lifestyle with Courses on different topic.

Would you like to learn more? Would you like to leave us a note?

Please visit and contact us at: lightgen.wix.com/grundtvig

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