

Moving Age

Senior on the move for active ageing

INVITATION

Friday 20th May 2016
hour 16.30 – 19.00

Palazzo della Regione Salone di Rappresentanza
Piazza dell'Unità d'Italia 1, Trieste

Presentation

The culture of preventive healthcare and the value of physical activity, informed nutrition and active lifestyles in response to the challenges of an ageing society.

Region Friuli Venezia Giulia, at the forefront in Italy with its innovative Law on Healthy Ageing, has promoted a European Conference in collaboration with ISCA (International Sport and Culture Association) Moving Age and Lunga Vita Attiva to be held in Trieste on 20th May 2016.

With this Conference the Region intends to offer European, national and regional organizations the opportunity to share best practices in the field of

Healthy and Active Ageing.

In particular Trieste, for its demographic composition, relevant number of "seniors" and dynamic associations, their consolidated and long-lasting attitude towards physical activity and sport - practiced at all ages - can be considered a European "capital of active ageing".

The culture of active ageing and preventive healthcare are therefore fundamental elements that can improve the quality of life of ageing people and raising awareness on the value of "healthy behaviors" can favor a long active life.

Program

16.00 Participants Registrations

16.30 Welcome Greetings

Mogens Kirkeby

President ISCA - International Sport and Culture Association

Moderator

Ariella Cuk

Co-organizer Moving Age Trieste

17.00 European Best Practices

**Regional Law 22/2014 on Active Ageing:
programs and perspectives**

**Active Ageing: the vision, mission strategy and
action plans in Flanders**

Ingrid Peeters

OKRA Sport 50+, Belgium

**Ikiliike – Ageing can be beautiful: photo
exhibition as a marketing tool for Gymnastics
clubs to move elderly people**

Helena Collin

National Gymnastics Federation, SVOLI, Finland

**Lifelong Swimming and Lunga Vita Attiva:
from an Erasmus Plus Sport Project to the
building of a network between european,
national and regional stakeholders in the field
Active Ageing**

Ariella Cuk

Lunga Vita Attiva, Italy

18.00 Debate

18.45 Conclusions

Herbert Hartmann

Leader MOVING AGE NETWORK

Registration

Registration on-line www.regione.fvg.it

Access will be allowed up until the maximum consented capacity of the hall