

FEBRUARY 2024

# Newsletter

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

### PROJECT LAUNCH

We are thrilled to announce that the AgeingWell project has officially launched! This marks the beginning of an important journey towards empowering elderly individuals and promoting their active participation in their communities. Through collaborative efforts and innovative approaches, we are committed to making a meaningful difference in the lives of older adults.



### KICK OFF MEETING

Our inaugural kick-off meeting was successfully held online, bringing together project partners from seven countries to lay the foundation for our collaborative work ahead. For that we welcomed E-Seniors, CARDET, HAPPSY, IoD ltd, EAEA, Infodef, SEMwell and SVEB. It was inspiring to see the collective commitment of our partners towards achieving our shared goals.



### NEXT STEPS...

As we embark on this journey together, our focus turns towards taking concrete next steps. Currently, we have begun working diligently on drafting country reports on ageing for each partner country. These reports will provide valuable insights into the unique needs and challenges faced by elderly individuals in France, Cyprus, Greece, Belgium, Spain, the Czech Republic and Switzerland, laying the groundwork for targeted interventions and support strategies.

[WWW./EAEA.ORG/PROJECT/AGEING-WELL](http://WWW./EAEA.ORG/PROJECT/AGEING-WELL)

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