

SMART AGEING as a modern approach of QUALITY of LIFE

Mirrors of Good Health and Well-being for all



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SMART AGEING model

01

SOCIAL

- network relationships
- communities
- communication channels

02

HEALTH

- accessibility
- support

03

FITNESS

- control of biological evolution through exercises
- functional health
- optimization of motor skills

04

FINANCIAL

- financial stability
- advisory and info facilitation

04

MENTAL

- strong status
- counselling and support

SMART AGEING – fitness approach

A stylized person icon consisting of a dark grey circle for a head and a light green rounded shape for a torso.

Dynamic life

A stylized person icon consisting of a dark grey circle for a head and a light green rounded shape for a torso.

**Involved in a
constant PA**

A stylized person icon consisting of a dark grey circle for a head and a light green rounded shape for a torso.

Active tourism

SMART AGEING European Network



MANAGEMENT & SUPERVISION

KNOWLEDGE & TRAINING

LOGISTICS

BUDGETING

LEGAL ADVISORY



THANK YOU!

EC2U GLADE online seminar
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