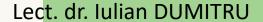


SMART AGEING as a modern

approach of QUALITY of LIFE

Mirrors of Good Health and Well-being for all





## **SMART AGEING model**

01

02

**HEALTH** 

accessibility

support

### **SOCIAL**

- network relationships
- communities
- communication channels

### **FITNESS**

control of biological evolution through exercises

03

- functional health
- optimization of motor skills

#### **FINANCIAL**

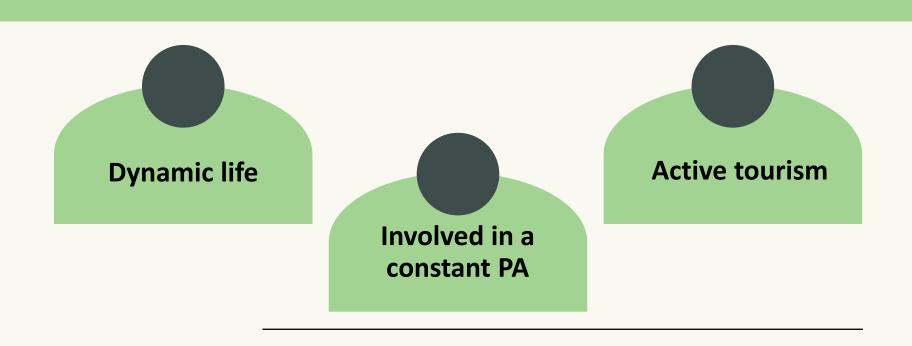
- financial stability
- advisory and info facilitation

#### **MENTAL**

- strong status
- counselling and support



# **SMART AGEING – fitness approach**





# **SMART AGEING European Network**



MANAGEMENT & SUPERVISION KNOWLEDGE & TRAINING

**LOGISTICS** 

BUDGETING

**LEGAL ADVISORY** 



EC2U GLADE online seminar

Mirrors of Good Health and Well-being for all

February, 2nd 2022