



Silver Learners Meeting
Stockport (GB) 14-16nd March 2018



Health – Best practice

- „Relaxed learning“
 - Exercise and gymnastics courses
 - BackFit / spine gymnastics
 - Qigong
 - Courses for movement in everyday life
 - Zumba Gold®



Health – Best practice

➤ Health forum in cooperation with doctors

- Diabetes
- Get older and stay healthy
- The eye in old age
- Heart disease and sport
- ...



Stockport 14-03-2018

Erasmus+ Project -Silver Learners-

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Health – Best practice

➤ Health check with diabetes-mobile (german diabetes society)



➤ Training for members of dementia patients (dementia-service-center)



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Health – Best practice

- Lectures are retired trainers with a lot of experience in health

- Support for retired trainers is very important
 - First aid
 - Organisation (financing, time, ...)
 - Visitation in other courses
 - ...

