



Healthy Lifestyles for Elderly People

Multiplier Event HELP in Paris

On the 22nd of November 2018, E-Seniors organized its multiplier event promoting the project *HELP* with the participation of seniors, seniors' experts and stakeholders interested by the topic of active and healthy ageing.



This promotional day was dedicated to expose on the one hand the objectives and challenges of the project, and, on the other hand, to present the results and outputs realized in the framework of the project. E-Seniors' team presented the guidelines for healthy habits commonly prepared by the consortium (output n°1), as well as the platform developed by AIJU with the help of CIS and E-Seniors (output n°2).



Discussions and tests

After the presentation, a moment of discussion and exchanges for answering seniors' questions about healthy lifestyles has been engaged with seniors' experts. All participants had the opportunity to test the platform with the help of E-Seniors' team. Finally, each of them received a certificate proving their involvement during the day.



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Co-funded by the
Erasmus+ Programme
of the European Union

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.