



Physical Activity Promotion for Older People



Workshop for Policy-Makers, Experts and Researchers

Brussels, 23 May 2011
14:00–17:00

The Issue

Physical activity promotion for older people is an issue of growing relevance. According to estimates, the share of persons over 65 in the European Union will rise by 40% until 2030. At the same time, research evidence suggests that even starting to become physically active at a high age can have considerable health effects. The European Commission recently reacted to this trend by conducting a public consultation on a “European Innovation Partnership on Active and Healthy Ageing”.

For the past two years, the PASEO project has tried to foster the exchange between national policy-makers, experts and researchers to optimize physical activity promotion among older people in Europe, thus improving their health, independence, and quality of life.

Now we want to take the dialogue to the European level with a workshop on “Physical Activity Promotion for Older People”.

The Workshop: Linking Research to Policy

All interested policy-makers, researchers, and other experts are invited to join the workshop to

- discuss physical activity promotion for the often neglected target group of older people
- learn more about an innovative approach at knowledge brokering between research and policy
- get the first-hand experience from a large-scale project and from 15 different European countries
- share their view and expertise on knowledge brokering in health promotion policy with other experts, policy-makers, and researchers
- discuss the road ahead



The PASEO Project is funded by
the European Commission, Directorate General
Health and Consumers
(Grant Agreement No. 2008 12 19).



Venue

Norway House
Rue Archimède 17
1000 Brussels
Belgium

Getting there

by train

The two most frequently used train stations are Gare Central and Gare du Midi. Gare du Midi is the main station for international trains. From there, take a taxi or the metro to Norway House .

by plane

Brussels Airport is about 40 minutes from Norway House. From 06:00 until nearly midnight, the Airport City Express links the airport with Gare Central. From there, take a taxi or the metro to Norway House.

by car/taxi

Direction EU district/Schuman area. Rue Archimède is the street going straight north from the Schuman roundabout – "Rond point Schuman".

by metro

The nearest metro station is Schuman. Lines 1A and 1B both stop here. At Schuman station take the Rond Point Schuman exit. You will find Rue Archimède on your left.

Contact

Workshop Organization

Elisabeth Bø
Oslo University College
Pb 4 St. Olavs Plass
0130 Oslo
Tel.: +47 23 03 34 21
Fax: +47 22 45 23 05
Elisabeth.Bo@hf.hio.no

Project Coordinator

Prof. Dr. Alfred Rütten
Institute of Sport Science and Sport
University of Erlangen-Nürnberg
Gebbertstr. 123b
91058 Erlangen
Germany
issinfo@sport.uni-erlangen.de
Tel.: +49 (0) 9131 85 25 005
Fax: +49 (0)9131 85 25 002

www.paseonet.org