

A **FREE** OFFER FOR SENIORS & those, who soon will be seniors!

Knowledge will give you more good years in your senior life!



This course is based on the latest research on aging and examine the 8 physical areas that the National Board of Health has identified as being the most crucial for whether we become dependent on help later in life.

The participants are offered the opportunity to be tested and will have clarified what their physical position is in relation to these 8 parameters is.

On average, happily we get older and older.

But!

Unfortunately, we do not on average get fewer years without physical limitations.

FORTUNATELY, WE CAN DO SOMETHING ABOUT THAT!



Many seniors are physically active, but do not get the full benefit of their health efforts.

Many seniors are physically active without fully knowing what is needed to get the optimal effect from the physical activity.

Weekly activities and living an active senior life do not automatically keep us from needing help later in life.



Women can look forward to about 1/3 of the 24 years they have left on average after they reach the age of 60, with physical limitations.



Men can look forward to 1/5 of the 20.7 years they have left on average after they reach the age of 60 will have physical limitations.

an active senior life is important.

Unfortunately, we cannot see great effect of the understanding of "an active senior life", on the number of us who later in life become dependent on help.



At this course, you will gain professional knowledge of the body and a deeper deliberation of the physiological mechanisms that are essential for an effect of your active retirement life.

You get to know how the muscles react to exercise, how to maintain your balance ability, the importance of your blood pressure and why proteins are important when you get older.



WHEN?

Module 1: Wednesday	March 13th	9.30 – 13.15 (5 lessons).
Free lunch is provided		
Module 2: Wednesday	March 20th	9.30 – 13.00 (4 lessons)
Module 3: Wednesday	March 27th	9.30 – 13.00 (4 lessons)
Module 4: Wednesday	April 3rd	9.30 – 13.00 (4 lessons)

WHERE?

Venue: SOSU Ostjylland, Hedeager 33, 8200 Aarhus N.

Sign up

To sign up call or text no. +45 2516 3821 or email: ncv@sosuoj.dk

NB! Only 12 participants, so make sure you join as soon as possible!

Latest March 8th 2019

