



TURKEY

CASE STUDY N° 9

PAPER B

**DOBELES MĀCIBU CENTRS
DOBELE
LATVIA**



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...

1. To inform seniors about the benefits of a healthy lifestyle:
 - to develop the education program “Health Preservation and Disease Prevention for Seniors”
 - to issue a handbook “Health ABC Book for Seniors” which might include the following topics: body health at an old age, a healthy diet, healing, importance of physical activities on a daily basis, gymnastics, swimming, Nordic walking.
2. Engage in some team events (all family members could be involved) the one connected with sporting activities:
 - Seniors Sports Festival
 - Nordic walking
 - cycling for improving health

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

1. Some financial means for training and issuing of a manual. Place and time - suitable for training.
2. Some funding for purchasing awards, diplomas (may attract sponsors). School sports teachers, students and active pensioners could be involved in the organization of the events and sports equipment could be borrowed from schools or training centres.

POSSIBLE OBSTACLES

Seniors do not want to engage in activities. For better results each person should be invited to individual talks, instead of sending a letter to arrive to an event.
Problems with sports equipment and lack of responsiveness from volunteers.

ILLUSTRATION

