



# PROGRAMMING

PROGRAMMING CA21122 presents the joint Webinar

## Physical activity in older age across Europe

in collaboration with DE-PASS CA19101 and PhysAgeNet CA 20104



May 8<sup>th</sup> 18:00-19:30 CET

[Meeting Link](#)



### Physical activity and sedentary time in older people in different settings: knowledge gaps and future directions

Speaker: Linda Ernsten

Professor in Public Health (RN, PhD), affiliation: Department of Public Health and Nursing, Norwegian University of Science and Technology, Trondheim, Norway



### Exercise Programs for Older Adults in Home Settings: CA20104 PhysAgeNet

Speaker: Dr. Rosemary Dubbeldam

University of Münster, Institute of Sport and Exercise Sciences, Germany



### Teaching prescription of Physical Activity for older people at health care professionals: CA 21122 PROGRAMMING

Speaker: Karl Spiteri

Physiotherapy Department, St Vincent de Paul long term care facility, Malta



### The VIVIFRAIL exercise program experience. An example of how to promote healthy ageing in older people

Speaker: Alvaro Casas Herrero

MD, PhD, Head of Section. Department of Geriatrics, University Hospital of Navarra Associate Professor, Public University of Navarra, Pamplona, Spain



**Greet Cardon**  
Chair

Department of Movement and Sports Sciences – Physical Activity and Health, Ghent University, Gent, Belgium



**Eleftheria Giannouli**  
Chair

ETH Zurich, Department of Health Sciences and Technology, Switzerland



**George Soulis**  
Chair

Outpatient Geriatric Assessment Unit, Henry Dunant Hospital Center, Athens Greece



**DE-PASS**