



PRE-CONGRESS WORKSHOPS

FRIDAY, 13 OCTOBER 2017

Location: Club Kibrahacha

Schedule

08:30 - 09:00	Welcome
09:00 - 10:00	Workshop 1
10:00 - 10:15	Rotation and coffee break
10:15 - 11:15	Workshop 2
11:15 - 11:30	Rotation and coffee break
11:30 - 12:30	Workshop 3
12:30 - 13:30	Lunch
13:30 - 14:30	Workshop 4
14:30 - 14:45	Rotation and coffee break
14:45 - 15:45	Workshop 5
15:45 - 16:00	Closing day 1

Workshop 1:

Self-regulation in aging.
What kind of activity
makes sense

Servaas Mes

Workshop 2:

Be your own stress
master to support healing

Erik Peper

Workshop 3:

SMOVEY rings

Joke Schmid Kesteloo

Workshop 4:

Active breaks for the
elderly

**Edwin Sanchez,
Lirayma Torres- Ruiz &
Sheylimar Sanchez**

Workshop 5:

Nutrition

**Charlene Leslie & Irida
Thijzen**