



## Multiplier event:

# Promotion of healthy ageing in the digital era

Friday, 01/11/2024 @PIKEI Souliou 1, GR 262 24, Patras

16:00	Registration of participants
16:30	“The PA4Age Project” --- Dimitris Karadimas
17:00	The PA4Age eLearning Platform --- Ilias Konstantinopoulos
17:45	The PA4Age Mobile App --- Christos Panagiotou
18:30	Coffee break
19:00	Benefits of Physical Activity and Active Lifestyle --- Niki Kotsifa, M.Sc. Physical educator, Physiotherapist
19:30	The Role of Technologies and Innovation in Promoting Physical Activity --- Stavronika Panagiotopoulou, M.D. Psychiatrist
20:00	Promoting Physical Activity in Local Communities --- Ilias Konstantinopoulos
20:30	Project Outcomes, Impact and Future Directions --- Christos Panagiotou
21:00	Q & A – Discussion – Networking – Light Dinner



