

Newsletter 3

September 2024



Project Milestones

As we approach the end of the Sun in the Age project, we have reflected on the long journey we have traveled so far. Significant progress has been made, yet there are still important tasks ahead to ensure the project's success. With the final workshops and multiplier events on the horizon, our commitment to enhancing well-being and resilience in older adults remains strong.

Third Transnational Project Meeting in Cori, Italy

On July 17-18, the third transnational project meeting took place in Cori, Italy. During the meeting, the partners discussed the project's progress, evaluated the initial outcomes, and outlined the next steps for the future. Key discussions focused on how to enhance the effectiveness of the methodologies and ensure a smooth transition into the upcoming phases.

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Blended Course Now Available

We are excited to announce that the Blended Training Course for Educators **“Enhancing Well-being and Resilience through REMIND Techniques”** is now available online. The course has been translated into the languages of all project partners and can be accessed via through the project’s website <https://sunintheage.eu/project-results>. This course provides adult educators with the tools to promote well-being and resilience through meditation, yoga, and mindfulness, both in themselves and in the older adults they work with.

Piloting Activities ongoing

National piloting activities are currently being carried out by our partners. The feedback and results from these pilots will be instrumental in the **finetuning and finalization of the training materials**. The piloting involves a short training to help educators apply REMIND practices effectively in real-world scenarios, contributing to the improvement of well-being and reducing stress and anxiety among older adults.

Next Steps

In the next phase, partners will focus on conducting **workshops with older adults** in each country. These workshops will be organised by the adult educator that took place in the blended course and piloting and will provide hands-on training in REMIND techniques, helping participants manage stress, improve emotional resilience, and enhance their mental well-being.

Additionally, **multiplier events** are scheduled to take place in the coming months. These events will share the results of the project with a broader audience, fostering discussions about the integration of mindfulness-based techniques into adult education and care services

Next Steps

- Workshops with older adults
- Multiplier Events



Keep updated about the project



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