

## Healthy lifestyle for people living with disability

### **Objectives:**

- \* To promote healthy food for people living with disability
- \* To promote sport activities accessible to people living with different disabilities
- \* To encourage participation of disable people in European projects

### **Activities:**

- \* Study visit of partner countries, in particular their different social services and politics related to disability
- \* Research and selection of traditional healthy recipes
- \* Research of physical exercises accessible to people with different abilities
- \* Development of a DVD collecting the outcomes of the research
- \* Meetings with disable people and social worker at local and International level to share the work in progress of the researches and the final outcomes

### **Results:**

- \* DVD - collection of Healthy recipes, Sport activities and National politics target to disable people

### **Partners:**

- \* Coordinator: Katholieke Vereniging Gehandicaptten Vormingsbeweging vzw (Belgium)
- \* Latvian Umbrella Body for Disability Organisations SUSTENTO (Latvia)
- \* Motivatio Foundation (Hungary)
- \* Silute Agricultural School (Lithuania)

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