



E-Seniors organizes a meeting/conference day on the subject of "Games for Health and Active Aging"

You are invited to meet the stakeholders of EXERGAMING (games for health) for seniors on October the 19th at the Town Hall of the 11th arrondissement of Paris. On this occasion, you will be able to watch demonstrations and listen to presentations of European projects conducted around Exergaming.

E-SENIORS organization is known for its activities related to inclusion of elderly and disabled. Mainly based on rational and appropriate use of new information and communication technologies, this action helps in the fight against digital divide between generations.

Gradually, the target beneficiaries have extended beyond the retirees of a certain age. Therefore, the beneficiaries are also people looking for work - who had never been trained in the use of these tools that have become crucial in everyday life. The needs of these (latter) groups correspond to the different - simple, friendly and oriented towards "real needs" – approach of our workshops.

However, beyond the practical use of "mail" and "surfing", we understood the importance of intellectual stimulation and the underlying psychological and countless openings to the current world and knowledge.

This leads us to introduce our public and make him appreciate cognitive stimulation games, based on the use of computer and / or game consoles. Furthermore, in a further step towards "mens sana in corpore sano", and in order to provide physical stimulation - or rehabilitation – exercises in the relaxed form of "exergaming", a trend that consists in "relooking" some gymnastic or physical exercise equipments to make them fit the actual world.

Again, we wish to give to older audiences, but also people with disabilities or suffering, the benefit of these technological advances.

In order to identify trends and initiatives in these areas, we organize a European meeting on the theme of "Games for Health and Active Aging", during the Blue Week (national week dedicated to pensioners and senior citizens), proposing discussions and practical demonstrations *

On Tuesday, October the 19th (afternoon)

In the "Salle des Fetes" of the City hall (Mairie) of the 11th arrondissement

Place Léon Blum - métro: Voltaire

Remember to note and reserve this date on your calendar! And come as many as possible!

Online pre-registration : <http://www.e-seniors.asso.fr/inscription.php>



Lifelong Learning Programme

Here are some highlights of the program:

- Demonstration of the **FitForAll** game platform

In the frame of the “ Long Lasting Memories project - A unified solution for the mental and physical health of older people and their autonomy “



A project coordinated by the Faculty of Medicine of the Aristotle University of Thessaloniki (Greece) with E-SENIORS as partner.

- Presentation of a video game prototype -

SG CogR project - serious game for cognitive rehabilitation

by TEKNEO (winner of the tender for "serious games" launched by the Secretary of State responsible for Planning and Development of Digital Economy in 2009)



- Presentation of research on the use of games consoles for the prevention of falls

by the Department of Biological Sciences, University of Essex (UK).



- Demonstration of "Dance Dance Revolution" or "DDR" (Dance pads connected to the computer) adapted for use by seniors

by a specialist in geriatrics at the "San Giovanni Battista Hospital"(Turin) about research supervised by the Prince of Wales Medical Research Institute in Australia



- Fitness for seniors (demonstration of a group of seniors with their German coach) in preparation and complement of exercises on specialized equipment - presented by "Hitech-Fitness (Valbonne / France) - which transforms the tedious exercises in enjoyable playing for audiences of all ages and all levels who wish to improve their quality of life and their health

