

# THRIVE50+ NEWSLETTER 1

► **Total Health Resources for Improving  
Vitality and Endurance 50+**



**Programme: Erasmus+**



- Action Type: KA210-ADU – Small-scale partnerships in adult education
- Implementation period: from 01.04.2024 to 31.07.2025
- Project Number: 2023-2-RO01-KA210-ADU-000184831



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# THRIVE50+



## Objectives:

- To enhance adult staff competencies and skills.
- To support local adult learning centers.
- To development of innovative educational materials.
- To increase participation in the local community of adults 50+.
- To promote the importance of well-being and mental health among learners 50+.

## Implementation:

- International trainings and dissemination activities.
- Local workshops on diet and stress management for people 50+.
- Project coordination.







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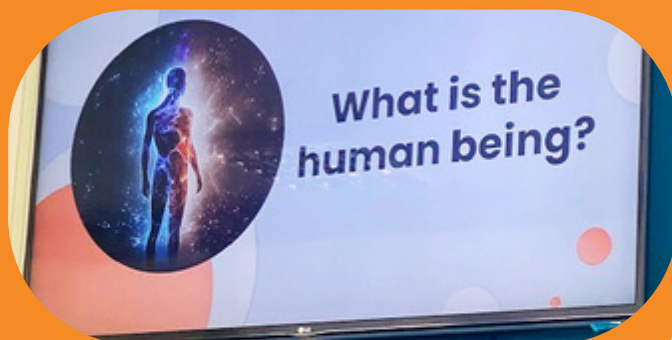
## Results:

- 2 international trainings for adult staff
- 10 topical workshops on healthy diet and stress management among people aged 50+
- 30 local workshop sessions for at least 60 adults aged 50+
- 60 participants in at least 3 on-site dissemination activities

## Workshop in Romania 11.06.24-13.06.2024:

Thrive workshop in Romania was dedicated to the exchange of good practices between partner institutions. The topics of the workshop included:

- **Well-being:** Focusing on enhancing overall happiness and life satisfaction for individuals aged 50+.
- **Stress Management:** Providing strategies for effective stress management and stress reduction for individuals aged 50+.
- **Healthy Eating:** Promoting healthy eating habits to improve the health and well-being of individuals aged 50+.





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## Workshop in Cyprus 23.07.24-25.07.2024:



From July 23–25, 2024, a workshop was held in Cyprus as part of the "Thrive50" project, which aimed to develop 10 workshops for people aged 50+, focusing on stress management and healthy eating.

### Workshop Highlights:

- **International Training:**

One of two trainings on healthy eating and stress management for educators of people aged 50+.

- **Best Practices Exchange:**

Shared experiences and strategies among partners.

- **Seminars:**

Planned in-person seminars in each country for at least 20 participants.

- **Online Activities:**

Planned digital content, newsletters, social media posts, and EPALE contributions to promote results.







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# Mental Health Tips for Adults Aged 50+

As part of the THRIVE50+ project, we present the following tips for maintaining good mental health:

1. Exercise – Reduces stress and boosts mood.
2. Stay Connected – Engage with family, friends, and local events.
3. Follow a Healthy Diet – Eat fresh vegetables, fruits, whole grains, and healthy fats.
4. Keep Mentally Active – Read, solve puzzles, and learn new things.
5. Relax – Practice meditation and ensure adequate sleep.
6. Seek Help – Consult a psychologist or therapist if needed.

Prioritize mental health for overall well-being.



## Partners:



**Fundacja „Fundusz  
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Partner**



**Academia Proiect  
(Romania) –  
Coordinator**



**Ecoinclusive Center for  
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