

**Open Courses • Lisboa**

# **ESCOLA SÉNIOR - ESTILO DE VIDA ATIVO, DESENVOLVIMENTO E BEM-ESTAR**



## **Direction**

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## **Duration**

0 Years

## **Credits**

0 ects

## **Presentation**

The concept of `Active Lifestyle` applies across the board to all ages and especially after middle age - an added value in that it enables preventive and active management of the quality of life in maturity (50+) and implicitly the training to manage and respond assertively to the ageing process that we are all subject to from birth. The proposed course is 240 hours long and runs from October 2025 to June 2026. It is built around four reference modules, conferences and monthly themed field trips that will be presented to the participants for their consideration.

# STUDY PLAN

## 1st Year / Common Core

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Anual	ects
Circuits, Identity and Memory	0
Nutrition - Pillar of Active Living	0
Physical Activity in Health Prevention	0
Stress and Well-being Management	0

Linha direta  
para o teu futuro



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