EVA ACADEMY PRESENTS

Active Ageing Seminar 2012 in Zittau

Performance Explosion in Sports Anti-Doping Concept
Telemedicine Cardio-Check Wherever You Are!
Active Ageing Fit Like an Astronaut

21st August 2012
14.00 h, Town Hall of Zittau

www.evaa.ch
“Active Ageing” sounds better than "Anti Ageing" because nobody is able to stop the process of ageing ... but you are able to be a lifetime active.

Why should we do that? How can we do that? You just have to do it, be active!

During the EVAA Stadia Championships we will see many masters who live a life of action. Athletic is a part of their life and this part gives them the sense of the quality of life.

Come to listen to some of our experts about ACTIVE AGEING – in all generations.

THE LECTURERS

“Performance Explosion in Sports an Anti-Doping-Concept”

Professor Dr. Elmar Wienecke, SALUTO Halle (Westphalia)

“Telemedicine – Cardio-check wherever you are!”

PD Dr. med. Heinrich Körtke, HDZ NRW Bad Oeynhausen

“Active Ageing – Fit like an Astronaut”

Professor Dr. Jörn Rittweger, Inst. Aerospace Medicine Cologne

WHERE TO BE?

21st August 2012 14.00 h

Town Hall of Zittau Room 110

Right after the General Assembly of EVAA

Athletes, Teamleaders, Coaches, Judges – welcome to everybody

THE ENTRANCE IS FREE OF CHARGE