



**UNION OF THE BALTIC CITIES SOCIAL CAMPAIGN
CONFERENCE "ALWAYS ACTIVE"
4-5 JUNE 2009, GDYNIA (POLAND)**



27th March 2009

Dear UBC Friends,

Mayor of Gdynia, Mr Wojciech Szczurek, and UBC Commission on Sport are honoured to invite you to the international conference "Always Active" which will be held in Gdynia, Poland on 4-5 June 2009.

The conference is a part of the social campaign entitled "Always Active" initiated by the UBC Commission on Sport. The campaign has been launched in order to counteract social exclusion originating from advanced age as well as to prevent consequent physical mobility restrictions. The main objective of the campaign is to promote an active lifestyle as a factor enhancing health and functional capacity. It should be stressed here that the campaign is in line with the priorities of the World Health Organisation.


The conference will be devoted to the presentation of the importance of healthy ageing process as well as programmes available to promote this issue. During the conference local and foreign speakers will present best practices aimed at encouraging elderly people to remain physically and mentally active even in their advanced age and retirement years.

*The deadline for sending registration forms is **20th April 2009** and they should be sent to the UBC Commission on Sport Secretariat by e-mail: ubcsport@gdynia.pl or by fax: +4858 621 86 20.*

We look forward to meeting you in Gdynia.

Yours faithfully,

Beata Łęgowska
Beata Łęgowska
Chairperson
UBC Commission on Sport


Wojciech Szczurek, PhD
Mayor of Gdynia