



UNION OF THE BALTIC CITIES SOCIAL CAMPAIGN CONFERENCE “ALWAYS ACTIVE”



4-5 JUNE 2009, GDYNIA (POLAND)

PROGRAMME

Meeting Venue: **Pomeranian Science and Technology Park**
Al. Zwycięstwa 96/98
Gdynia (Poland)

THURSDAY, 4 JUNE

- 08:30 Meeting in the lobby of the “Kuracyjny” Hotel and bus transfer
- 08:30 - 09:30 Registration of the participants
- 09:30 - 10:00 Opening of the conference
- 10:00 - 10:30 *Healthy Lifestyle in the Elderly: Role of Physical Activity and Fitness* - prof. Herbert Löllgen, President of German Federation of Sports Medicine and Ms. Deborah Löllgen, MA in Physical Education, Stuttgart/Esslingen
- 10:30 - 11:00 Coffee break
- 11:00 - 11:30 *What is Healthy Ageing?* – Mr. Thomas Gustafson, Strategist of Public Health at the County Council of Blekinge (Sweden)
- 11:30 – 12:00 *Active life for elderly people in Karlskrona* – Mr. Per-Inge Gustavsson, Vice Chairman of Senior Committee and Ms. Carina Thörnquist, Head of Activity – Municipality of Karlskrona (Sweden)
- 12:00 - 13:15 Lunch (*Eureka* Restaurant)
- 13:15 – 13:45 *Senior citizens’ activation in Gdynia* – Ms. Bożena Zglińska, Managing Director of Senior Citizens Activity Centre and Ms. Katarzyna Stec, Municipal Social Care Centre, Gdynia
- 14:00 Bus transfer to the Senior Citizens Activity Centre – Gdynia
- 14:15-15:15 *Classical music* - classes with a group of senior students
- 15:30 Bus transfer to the hotel
- 16:00 - 17:00 Free time
- 17:00 Meeting in the lobby of the “Kuracyjny” Hotel and bus transfer
- 18:00 – 22:00 *Kashubian Evening* (Chmielno, Wichrowe Wzgórze)
Bus transfer to the hotel

FRIDAY, 5 JUNE

09:30	Meeting in the lobby of the “Kuracyjny” Hotel and bus transfer
10:00 – 10:45	<i>Senior Sport in Denmark; Professionals vs. volunteers</i> – Mr. Carsten Hansen, Ms. Ann Baunbæk Hansen, Sports consultants at Danish Company Sport
10:45 – 11:15	<i>Getting out of the easy chair</i> – Mr. Vegard Vige, Chief Municipal Medical Officer, Kristiansand (Norway)
11:15 – 11:45	Coffee break
11:45 – 12:15	<i>Gym at Home!</i> – Ms. Tiina Malmisalo, Physical Activity Counsellor, City of Turku, Ms. Heini Parkkunen, Executive Director – Baltic Region Healthy Cities Association (Finland)
12:15 - 13:00	<i>Strefa tanga</i> (Tango sphere) – dancing classes for the elderly and people with disabilities – presentation
13:30 – 15:00	Lunch
15:00 – 18:00	Sightseeing