

# Healthy Ageing in Vienna

11/2017 – 01/2020

## Initiator

Wiener Gesundheitsförderung WiG

## Objectives

The project „Healthy Ageing in Vienna“ is carried out in nine Viennese districts (3., 4., 7., 9., 11., 12., 14., 17., and 23.). The project's target groups are retired men and women between 60 and 75 years. The project wants to address especially those people who have not yet been reached adequately by the provisions and organisations in Vienna. The participants' needs and wishes are made visible in site visits and group discussions which also provide opportunity to get to know peers from the neighbourhood. All this is taken as a basis for the health promoting activities that are developed by the project team and the participants. The regular “Grätzel-Cafés” (“Quarter Cafés”) in neighbour hood centres and seniors' organisations are important platforms where the participants can meet peers freely, find new friends, build-up networks that are based on shared interests, get active together and find existing provisions to participate in.

## Implementation

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## Your contact

Michael Stadler-Vida, Email: [stadler.vida@queraum.org](mailto:stadler.vida@queraum.org), Phone: +43-1-958 09 11

Nina Hesse, Email: [hesse@queraum.org](mailto:hesse@queraum.org), Phone: +43-1-958 09 11