

## DETAILS OF PARTICIPATION IN PROFESSIONAL EVENT

### MISKOLC

#### “AGING IN HEALTH”

### INNOVATIVE AND AWARE LIFE MANAGEMENT STRATEGIES IN WIZENED YEARS SCIENTIFIC CONFERENCE

On 19. November, the representative of the EUROPÉER Foundation, Dr. Györgyi Lakatosné Szuhai held a presentation titled “Project Life Management, or project perspective in the private life of the wizened” in the Miskolc house of the Hungarian Academy of Science.

The scientific conference dubbed “Aging in health!” – innovative and aware life management strategies in wizened years, was the jointly organised event of the HAS Miskolc Local Board’s Social and Human Science Gerontology Workgroup, the Third Age University Miskolc Foundation, the Miskolc University’s Faculty of Humanities, Modern Philology Institute’s Language and Communication Research group, and the Szikra Foundation.

The conference dealt with the wizened age, innovative and aware life management –related strategies’ multi-disciplinary introduction, reflecting on the importance of a paradigm shift in relation to the aging society.

Most of the presentations were introducing the mental and physical conditions of healthy aging, and opportunities to extend the active age.

In her presentation, Györgyi touched upon how even retired and those awaiting retirement need to live their everyday lives with awareness, since even in this age, they need to manage a multitude of projects. They are also interested by several questions, like financial safety, how they’ll live off of retirement, etc. Another dimension of this is the thought of becoming unnecessary, what they’ll do with the large amount of free time suddenly available to them, or even the fear of approaching death and its thought. This age necessitates positive thinking, and elderly in it need to spend as much quality time with family and friends as possible.



Photo documentation:

<http://www.projectlifemanagement.eu/galeria/>

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