

# Let's move Europa: School-based promotion of healthy lifestyles to prevent obesity

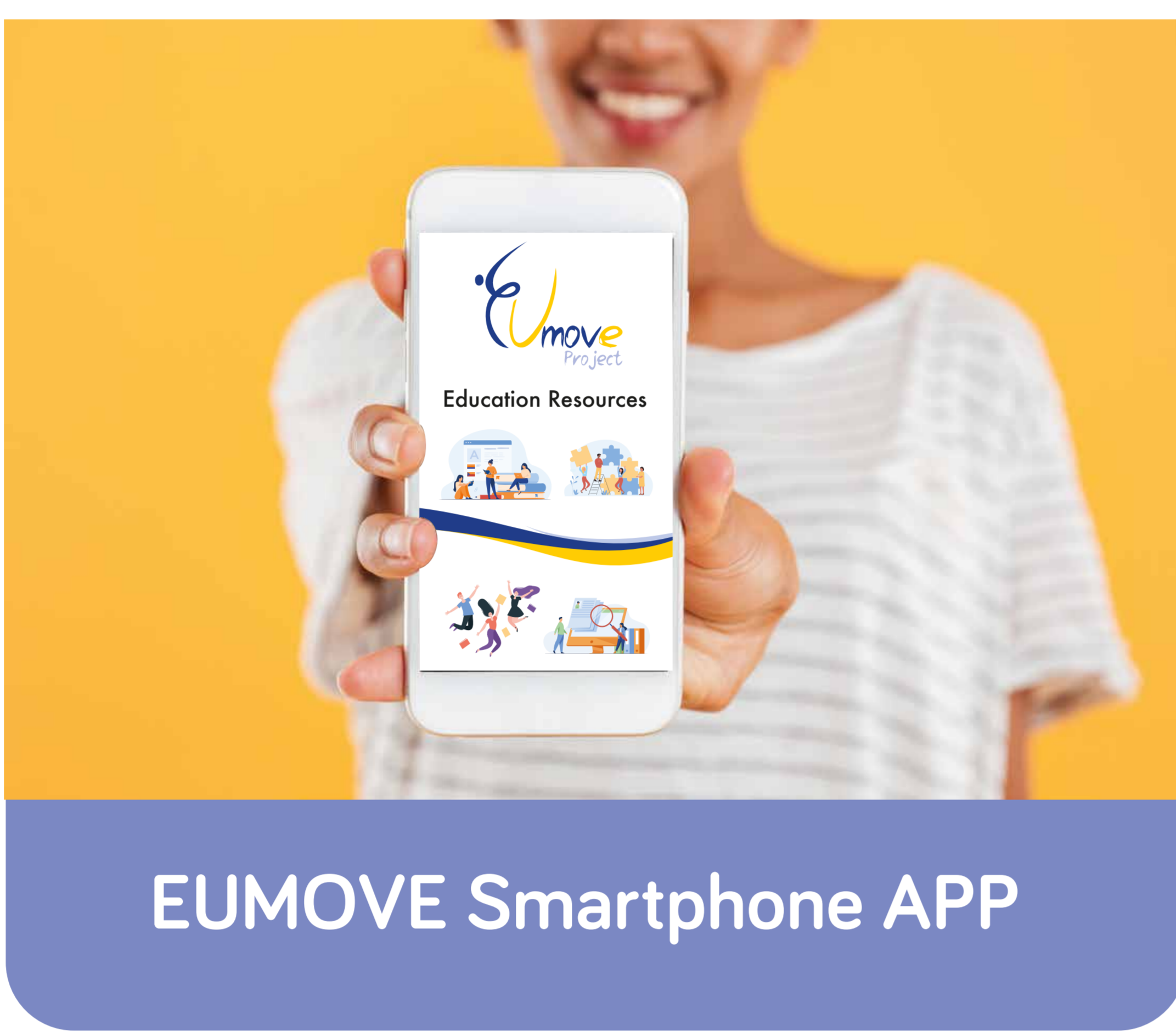


# EUMOVE Project



**EUMOVE** is an Erasmus+ Project aimed at implementing a comprehensive set of strategies and resources to enable the educational community to promote healthy lifestyles.

## Eumove Educational Resources



### Why to use Eumove?

- Educative Resources** (Illustration: People at a computer screen)
- Evidence-Based Practice** (Illustration: People with a magnifying glass over a document)
- Community** (Illustration: People with puzzle pieces)
- Easy to Implement** (Illustration: People jumping joyfully)

### Events

- Transnational Meeting** (Illustration: Airplane flying over a globe)
- Scientific Seminars** (Illustration: People in a meeting with charts)
- Parents Workshops** (Illustration: Family group)
- Teachers Workshops** (Illustration: People at a table with charts)



Co-funded by the Erasmus+ Programme of the European Union



**Join!** [www.eumoveproject.eu](http://www.eumoveproject.eu)

USE ITS RESOURCES AND SHARE YOUR EXPERIENCES!!!


  
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