



## Ease and Secure employability with HEALTH education

### Welcome to the Easy Health Newsletter!

Easy Health is a **European Union** project that runs in scope of [Erasmus+](#).

**EASY HEALTH** aims at giving individuals means to monitor their health and therefore help them ensure social and professional inclusion.

**The partnership will work on the design of a curriculum, a training game, a communication strategy to promote education for health, the creation of a new approach in order to raise awareness on the topic of health (part of social and civic competences : key competences) related to work.** The project will cover several aspects:

- Health system understanding
- Food balance
- Biological rhythms, life balance and sleep
- Body hygiene
- The prevention of occupational risks
- The prevention of psychological risks
- High-risk and addictive behaviours
- Employers' expectations

*The project begun in September 2018 and will continue until August 2021.*

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[The project partners](#), by providing **educational materials**, wish to reinforce the security for the professional careers of employees or unemployed, future professionals **to prevent risky situations linked to health** in a professional context and help them acquire the necessary knowledge and skills to be able to adapt and meet the expectations of employers.

The project partnership, consisting of organizations from **France, Poland, Portugal, Norway, Greece and Italy** have merged their collective experience in the field of adult education.

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### *The results of the project*

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### *Transnational Meetings*

The kick-off meeting held in Caen, France (Oct 2018). Subsequently, in Porto (Portugal) and Athens (Greece). The last meeting of the Easy Health project partnership was held on **April 6, 2020**, exploiting the full potential of video conferencing features, due to the **COVID-19 emergency...**

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For more information on the project, please, do not hesitate to contact us. We will be happy to have your interest and / or to receive your suggestions.