

MOVE to balance

Active Living for Mental Health

2017-2018



2017-2018

● Policy Background

● European Awareness

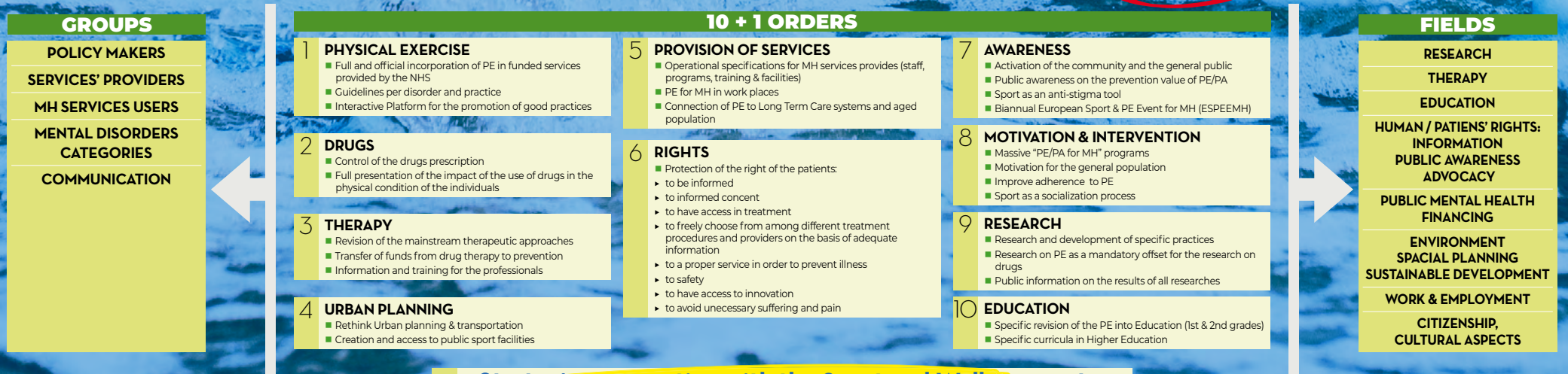
● Institutional Instrument

● European Sport Event

European Network
of Active Living for Mental Health



The movement context



11 Strategic cooperation with the Sport and Wellness sector

ENALMH running activities

2019-2020

● ASAL Project
EDUCATION

● WMHD campaign
AWARENESS

● InALMH Project
EU GUIDELINES & INTERACTIVE PLATFORM

2020-2021

next steps

2020-2023

ALMH Campaign
ADVOCACY

"Sunday Walks"
INTERVENTION

Alzheimer / Dementia
RESEARCH

Perinatal
RESEARCH