

[www.hasicproject.eu](http://www.hasicproject.eu)

# *Sharing the Tools for an Active Old Age*

- Healthy Food • Exercise
- Moderate Drinking • Social Life



**hasic**

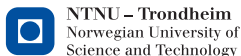
Healthy Ageing Supported by  
Internet and Community



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*The HASIC project encourages older people in Europe to adopt a healthy lifestyle, which includes a healthy diet, physical activity, moderate alcohol consumption and social engagement.*

*HASIC supports older people by educating professionals and mentors, creating peer groups and an online platform as well as developing regional cooperation.*



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