

## SilverEDU : engage, educate and empower

Every individual, organisation or group that seeks successful ageing and wellness needs education and empowerment to attain it. SilverEDU is an action-packed 90-minutes full of practical tips, tools and techniques developed to do just that!

Each session is designed to engage, educate and empower individuals to attain their personal and corporate goals. Our approach and methods are designed to stir the hearts and minds of participants, motivating them to action. Our sessions have shown to enhance social bonding, knowledge of active ageing and increased quality of life.



***“ We believe in education towards daily-life application that works! Translating into real benefits for everyone who participates. ”***

### Theory Component

Relying on cutting edge scientific knowledge, every topic has been distilled and made applicable to even the ordinary man on the street. It is delivered by trainers (min. degree qualified) who possess a wealth of experience in healthcare and wellness industry.

### Engagement Component

Drawing from the theory component, activities set into motion the individual daily-life application of what's being taught. We call this experiential learning! We engage attendees with learning techniques that reinforce concepts being taught. It also encourages behavioral change in lifestyle, attitudes, mindsets and habits that translate to meaningful improvements.

## Sample of Workshop

### Workout Entitled: Is Brisk Walking Good For Me?

1. **Discovered** what your perspective on exercise is. Focus on internal motivation mobilisation to lead to self-discovery away from guilt motivation.
2. **Understand** that exercise is essential and how brisk walking helps their body, mind and soul.
3. **How** to get started with brisk walking the easy way without the bells and whistles.
4. **Picked** up the right brisk walking technique and essential skills needed with video and instructors assistance.
5. **Experience** our warm-up and cool-down routine with music and simple chorography created for aspiring brisk walkers.

---

### Favourite Topics

*For session customisation/topic suggestion, please send your request to [contact@proage.sg](mailto:contact@proage.sg)*

- **Active Ageing for Me!**
- **Is Brisk Walking for Me?**
- **Fall Prevention and Solutions**
- **Osteoporosis and Solutions**
- **The Four Pillars for Complete Fitness**
- **Breakthrough Wellness**